

November 8, 2023, 10:00-11:30 am PST



# Implement & Grow Phases

## Land Acknowledgement

NPAIHB serves the 43 federally-recognized tribes of Oregon, Washington and Idaho and our office is located within the traditional and ancestral homelands of the Multnomah, Kathlamet, Clackamas, Tumwater, Watlala bands of the Chinook, the Tualatin, Kalauya and many other indigenous nations of the Willamette and Columbia River regions.

# Let us Start with a Blessing

“Out there beyond ideas of  
wrongdoing and rightdoing there is a  
field. I’ll meet you there.”

– Rumi



# Yá'át'éeéh! Ublaaluataq! Daanzho!



**Allyson Kelley**

(she/her)

I love teaching and learning!

[ak@allysonkelleypllc.com](mailto:ak@allysonkelleypllc.com)



**Jay Aguilar**

*Assiniboine Sioux*

(he/him)

I love helping people.

[jaylennaa2002@outlook.com](mailto:jaylennaa2002@outlook.com)



**Brighten  
Crawford-Martin**

*Dakota Sioux*

(she/her)

I love my dogs & my husband

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[m](#)



**Renee  
Goldtooth-Halwood**

*Dine'*

(she/her)

I love life

[renee@nbsi.org](mailto:renee@nbsi.org)

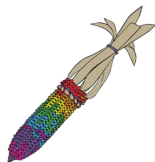


# Live Virtual Training

## Logistics

### Logistics

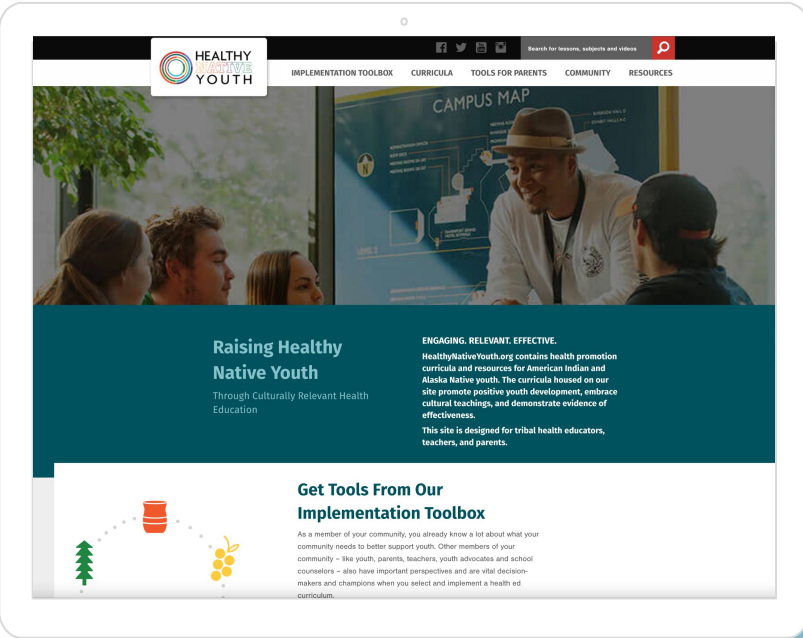
- You are muted
- If comfortable, share video



### Engagement

- Evaluation Activity: Grab a piece of paper & pen
- Chat box
- Icons (Zoom & More)





# Welcome, Welcome, Welcome!

Please introduce yourself in the chat box. Include your:

- ★ Name, Pronouns
- ★ Tribe/ Organization
- ★ What are you hoping to learn today?

# Safe Spaces



## Group Agreements



<https://www.healthynativeyouth.org/curricula/native-stand-2-0/>



## Digital Learning Agreement

Teachers or parents: Use this document at the beginning of the school year to set a positive culture of digital citizenship in your classroom. Copy or download this form and add or delete items to customize it. Go over the pledge with students; then make sure the student and a parent/caregiver sign it.

As a student and a digital citizen, I agree to:

### Be responsible. I will ...

- Do my best to complete my schoolwork and assignments.
- Take care of my device by:
  - not dropping or tossing it.
  - putting it down on a clean, flat surface.
  - not eating or drinking when I use it.
- Tell my teacher and parent or caregiver if my device is broken, stolen, or lost.
- 

### Stay safe. I will ...

- Not share my school account passwords with anyone other than my teacher and parent or caregiver.
- Not create accounts or share private information without my family's permission. (This includes my full name, date of birth, address, phone number, and photos or videos of myself.)
- Tell my teacher or an adult I trust if anything makes me feel uncomfortable online, or if anyone acts inappropriately toward me.
- 

### Think first. I will ...

- Remember that teachers and administrators can see whatever I say and do on a school-issued device during video meetings, in emails and chats, and on shared documents.
- Not post anything online that I wouldn't want my family, teachers, college admissions officers, or future employers to see because posts and comments can be saved and shared without my knowledge.

 common sense education

© 2018 common sense education  
1  
Share with attribution for non-commercial use. Review for copyright.  
See <https://www.common-sense.org/privacy> for more details.

- Investigate whether a source is credible because not all information online is true.
- Give proper credit whenever I use, reference, or share someone else's creative work online.

[https://docs.google.com/document/d/15ed\\_aYkTTQMzfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit](https://docs.google.com/document/d/15ed_aYkTTQMzfz8p7tDJaljr9s-JGaJlrNkmEk-8GX4/edit)



# We've Got Goals!

By the end of today's session, you will be able to...

- ★ **identify** HNY Toolbox resources & tools for your site and setting
- ★ **listen** to community partners share tips and strategies for implementing health programming with evaluation in mind

**You, whose day it is, make it beautiful. Get your rainbow colors, so it will be beautiful.**

-Nootka song to bring fair weather



# Where are we going



Wellness Moment  
1 min

Youth Led Evaluation  
*Allyson Kelley & Associates*  
30 min

Closing  
5 min



Implement & Grow  
Phases:  
*HNY Implementation  
Toolbox*  
15 min

Keeping Track:  
Indigenous Youth  
Program Evaluation  
*NB3 Foundation*  
20 min

Let's Talk  
10 min

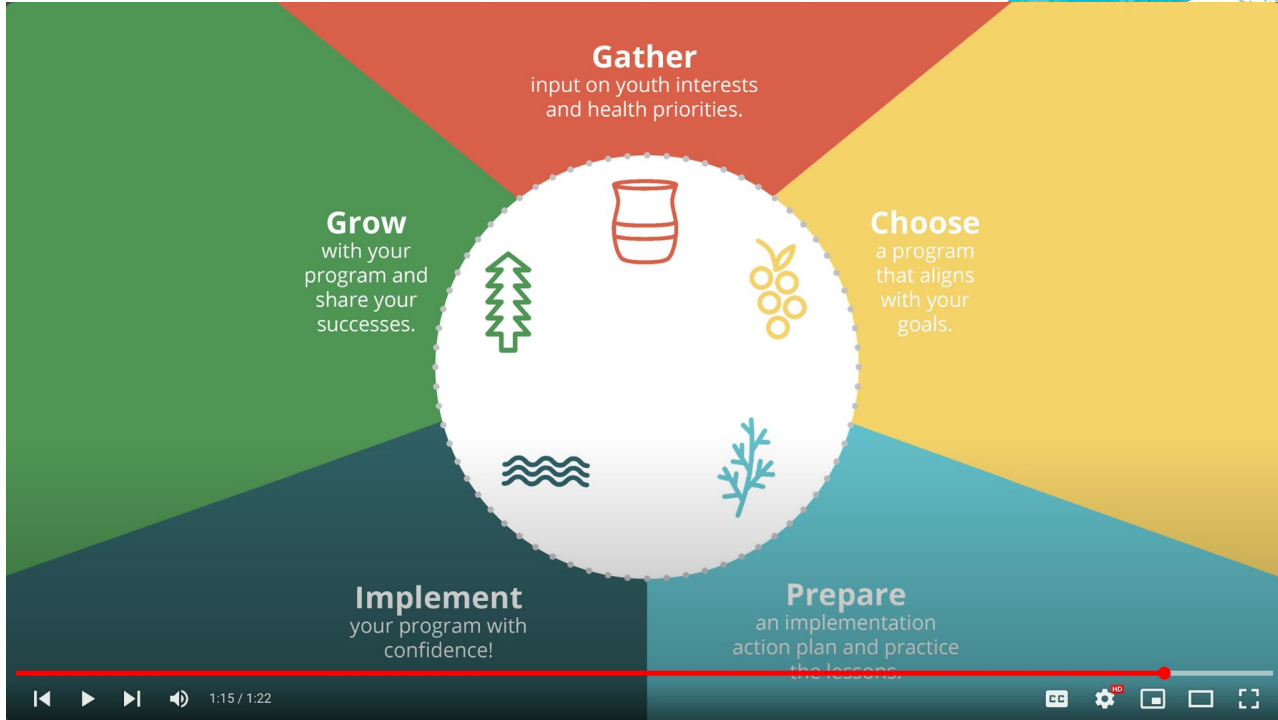




# 1. Implement & Grow Phases

Deliver your program with confidence, celebrate the journey, and grow!





### Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6

- Introduction & Overview – Implementation Toolbox  
Healthy Native Youth 1:23
- GATHER PHASE: HNY Implementation Toolbox  
Healthy Native Youth 1:37
- CHOOSE PHASE: HNY Implementation Toolbox  
Healthy Native Youth 1:29
- PREPARE PHASE: HNY Implementation Toolbox  
Healthy Native Youth 1:21
- IMPLEMENT PHASE: HNY Implementation Toolbox  
Healthy Native Youth 1:17
- GROW PHASE: HNY Implementation Toolbox  
Healthy Native Youth 1:28



## Get Tools From Our Implementation Toolbox

As a member of your community, you already know a lot about what your community needs to better support youth. Other members of your community – like youth, parents, teachers, youth advocates and school counselors – also have important perspectives and are vital decision-makers and champions when you select and implement a health ed curriculum.

The steps and tools in the Implementation Toolbox will help walk you through important phases in the planning process with ready-to-go templates, tips, examples, and words of encouragement.

[Start From the Beginning](#)

[Find Your Best Starting Point](#)

[See the Big Picture](#)





## Gather

**Gather** input on youth interests and health priorities

- Identify your community's needs and resources
- Select your program setting

### GET SUPPORT:

Connect with community members for guidance and feedback

### YOUTH VOICE:

Gather input from youth and program participants



## Choose

**Choose** which criteria are most critical to your program

- Select a program that aligns with your goals
- Get approval if needed

### GET SUPPORT:

Identify decision-makers

### YOUTH VOICE:

Seek input from youth and community



## Prepare

**Prepare** an implementation action plan that includes self-care

- Order supplies, teaching tools, and incentives
- Practice going through the curriculum & activities

### GET SUPPORT:

Invite guest speakers and attend Community of Practice sessions

### YOUTH VOICE:

Recruit caregivers, youth and allies



## Implement

**Implement** your program with confidence!

- Track your implementation journey
- Assess student learning and experiences

### GET SUPPORT:

Explore technical assistance and resource supports

### YOUTH VOICE:

Celebrate the youth



## Grow

**Grow** with your program

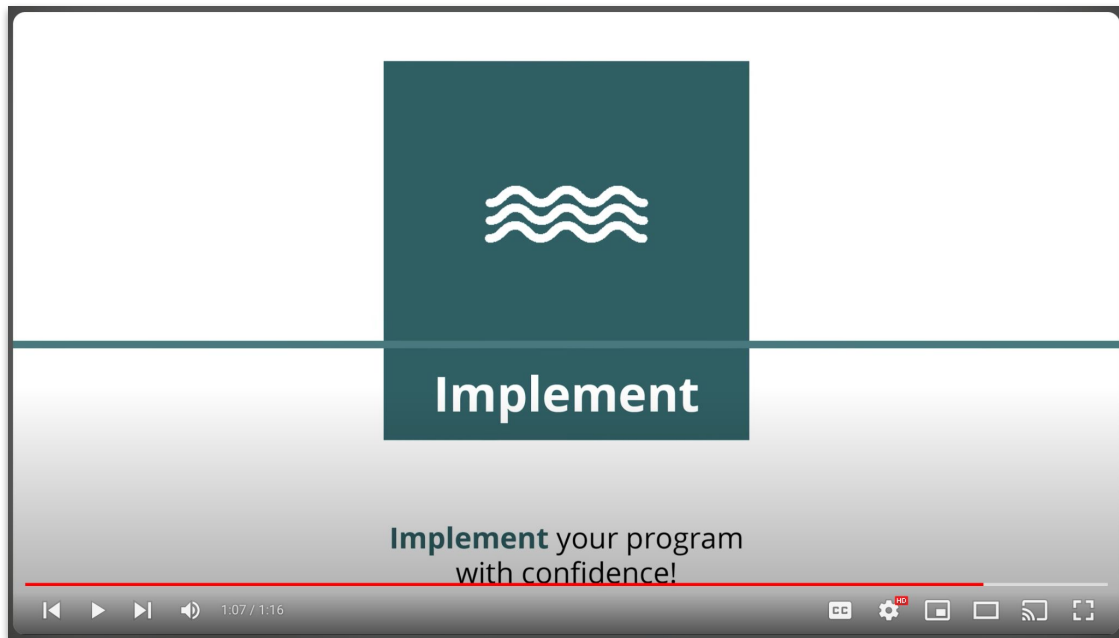
- Share successes and lessons learned
- Keep the momentum going

### GET SUPPORT:

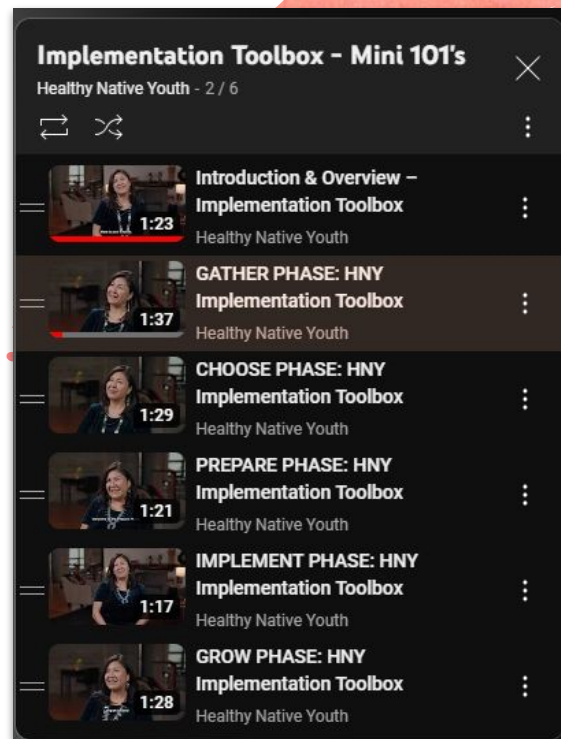
Collaborate with other youth programs

### YOUTH VOICE:

Stay connected beyond programming



[https://www.youtube.com/watch?v=knYUu5V9Ibg&list=PLiKVo\\_vO0vosLRr8\\_cLflD35c--BYQofe&index=5](https://www.youtube.com/watch?v=knYUu5V9Ibg&list=PLiKVo_vO0vosLRr8_cLflD35c--BYQofe&index=5)





Gather



Choose



Prepare



Implement



Grow



# Implement

**OVERVIEW:** Implement your program and celebrate the journey.

**Goal: Deliver the program with confidence! Track the experience as you go. Explore technical resources and celebrate participants throughout the program.**

You are ready for implementation! Deliver your program with confidence – you have done the research, put in the work, and now it is time to bring it to life. All of your preparation and planning should make the IMPLEMENT phase easier and more straightforward. During this phase of the process, learn what works for you and your students. Track your implementation journey and take notes on the adaptations and adjustments you make. Collect feedback to assess student learning and talk with them about their experience. You and the youth participants are putting in a lot of good work – be sure to celebrate together as you progress through the program.



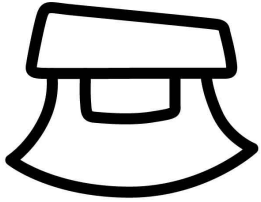


## Where do I start?

	Gather	+
	Choose	+
	Prepare	+
	Implement	-
<b>Get support:</b> Explore technical assistance and resource supports. <a href="#">Learn more</a>		
<hr/>		
Implement your program with confidence!. <a href="#">Learn more</a>		
<hr/>		
Track your implementation journey. <a href="#">Learn more</a>		
<hr/>		
Assess student learning and experiences. <a href="#">Learn more</a>		
<hr/>		
Youth voice: Celebrate the youth. <a href="#">Learn more</a>		
<hr/>		
	Grow	+

[Download for quick reference](#)





Implement - Step 1 - Energizers and Wellness Moments.docx



Implement - Step 2 - Class Attendance Sheet.docx



Implement - Step 2 - Session Reflection Log.docx



Implement - Step 3 - Healing of the Canoe - Post Survey v12.pdf



Implement - Step 3 - Healing of the Canoe - Pre Survey v10.pdf



Implement - Step 3 - Native STAND Questionnaire.pdf



Implement - Step 4 Example - Awesome Tickets.pdf



Implement - Step 4 Example - Certificate of Completion.pdf



Implement - Step 4 Example - Graduation Invite.pdf







Template: [Session Reflection Log](#)

Template: [Class Attendance Sheet](#)

## IMPLEMENT Lesson Reflection Log



**Instructions:** You may find yourself making adjustments and adaptations to your program – keep track of what works and what you want to build on. You can make small adjustments throughout the journey and use them to plan the next go-round. Activity logs will help you gather valuable data – here are some tools for reflecting on lessons, tracking attendance, and making observations as you go.

## Lesson Reflection Log



Lessons Title:	Strengths: What went well?	Challenges: What didn't go so well?	Ideas for Next Time?
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

This resource was adapted from the [Program Planning and Implementation Workbook](#).



Template: [Session Reflection Log](#)

Template: [Class Attendance Sheet](#)

## Class Attendance



Participants	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12	Lesson 13	Lesson 14
Date:														
Name	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Name														
Name														
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Name														
Name														



**Prepare**



**Implement**



**Grow**



**Get support:** Collaborate with other youth programs. [Learn more](#)

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**Grow with your program.** [Learn more](#) 

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**Share successes and lessons learned.** [Learn more](#) 

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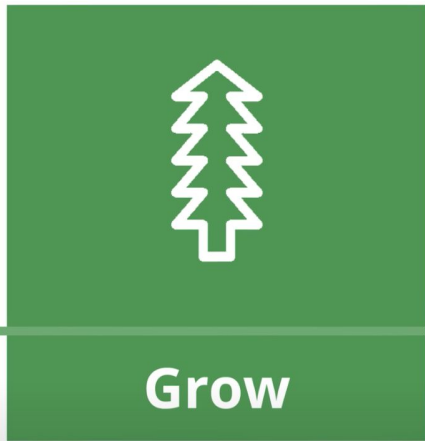
**Keep the momentum going.** [Learn more](#)

---

**Youth voice:** Stay connected beyond programming. [Learn more](#)

---

[Download for quick reference.](#)



Grow

Grow with your program and share your successes.



### GROW PHASE: HNY Implementation Toolbox

Healthy Native Youth  
354 subscribers

Analytics Edit video

Like Share Download Save

#### Implementation Toolbox - Mini 101's

Healthy Native Youth - 2 / 6

- Introduction & Overview - Implementation Toolbox (1:23)
- GATHER PHASE: HNY Implementation Toolbox (1:37)
- CHOOSE PHASE: HNY Implementation Toolbox (1:29)
- PREPARE PHASE: HNY Implementation Toolbox (1:21)
- IMPLEMENT PHASE: HNY Implementation Toolbox (1:17)
- GROW PHASE: HNY Implementation Toolbox (1:28)

[https://www.youtube.com/watch?v=u6eLhBN3T0&list=PLIKVo\\_vO0vosLRr8\\_cLfD35c--BYQofe&index=6](https://www.youtube.com/watch?v=u6eLhBN3T0&list=PLIKVo_vO0vosLRr8_cLfD35c--BYQofe&index=6)



Gather



Choose



Prepare



Implement



Grow



## Grow

OVERVIEW: Sustain and grow your program

**Goal: Reflect on what works, what can change, and what you are learning as you go on this journey. Use this knowledge to grow and to keep the momentum going.**

Congratulations! You have implemented your program and you have learned quite a bit on the journey. You are now in the GROW phase. Take some time to think about how you will grow with the program and how you want to keep the momentum going. Reach out and collaborate with other youth programs. Document your experiences and plan to build upon them in the next round of implementation. Share the lessons you learned with your youth and your community. Celebrate the wins! Above all, keep cultivating relationships and find ways to stay connected beyond programming.



## Keep the momentum going

Use the knowledge learned from your implementation journey to grow and keep the momentum going! Your first-hand experience as an educator serves as testimony to the positive impacts of implementing a culturally-relevant curriculum.

Look back to your notes and use them to begin setting the stage for another round of implementation. Use your original Implementation Action Plan and update it with lessons learned. Take time to think about how you will keep the momentum going.

**Tip: Refer to the notes you have been taking throughout the implementation journey in the [Lesson Reflection Log](#), and review your [Curriculum Implementation Plan](#)**

**Tip: Use the [Healthy Native Youth website](#) to [Request Technical Assistance](#)**



## Template: Identify Youth & Community Partners Map

### GATHER

#### Identify Youth Advocates and Community Partners



**Get Support:** This is a resource that can help you identify community partners and key decision-makers that can help support the delivery and implementation of your program. These partners may have resources or contributions beyond what you can think of, so stay open to learning about what they are doing and how they want to work together.

**Instructions:** In the left column, brainstorm potential and existing partners that can support your work. Include actual names or organizations, if you know them. There are a few categories written in to get you started and a few "Other" spaces that can be used for partners that don't fit into the other boxes. In the right column, list ways these partners can support or participate in your programming.

### Youth Advocates and Community Partners

Who can support the program?

How can they support the program?



Youth:



Families & Relatives:



Tribal Departments:



Decision Makers:  
Health committee,  
Tribal council



Schools: School  
Board, Principal,  
Teachers



Clinic & Health Staff:



Community Orgs:



Other:





## Template: Reflect on Program Implementation

### GROW Reflect on Program Implementation



**Instructions:** Use this template to reflect on your program.

Reflecting on your program's successes and challenges will **open up** new ideas for adaptation. Expanding your circle of support and collaborating with others will boost your capacity and resources. Take some time to think about how you will grow with the program.

#### Step 1: Questions to Reflect on

Meet with community partners to gather feedback from different perspectives. Think about or discuss questions that could improve the next round of programming, like:

- What worked well?
- What growth did you see in students?
- What barriers or challenges occurred during implementation?
- What adjustments could be made to better coordinate and leverage available youth programs?





# Wellness Moment

Box Breathing Exercise

<https://www.youtube.com/watch?v=tEmt1Znux58>



# 2. Indigenous Youth Program Evaluation

*Keeping Track* by NB3F





# Keeping Track: Indigenous Youth Program Evaluation

November 8, 2023

Healthy Native Youth

Presented by: Renee Goldtooth-Halwood, MPH

# Notah Begay III Foundation Santa Ana Pueblo, New Mexico







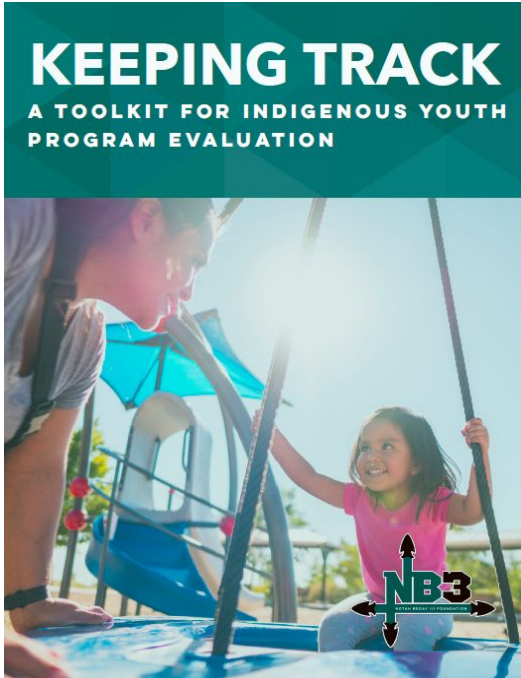
Think back on the history of your tribe/nation and/or community. What evidence do you see that evaluation has always been present?

How did your ancestors and elders keep track of their work in the community?





# Keeping Track: A Toolkit for Indigenous Youth Program Evaluation





## Conversation Starters for Physical Activity

Starting conversations regarding exercise and activity can be helpful for youth to better understand ideas associated with this section of the knowledge kit.

- Is there a difference between exercise and activity?
- What are some exercises you do at home or school?
- What are some activities you do at home or school?
- Why do you or other people exercise and stay active?

## THINK INSIDE THE HOOP

Each Native and Indigenous community is different. These inserts will focus on reflection moments on how the material can be applied to your own community.

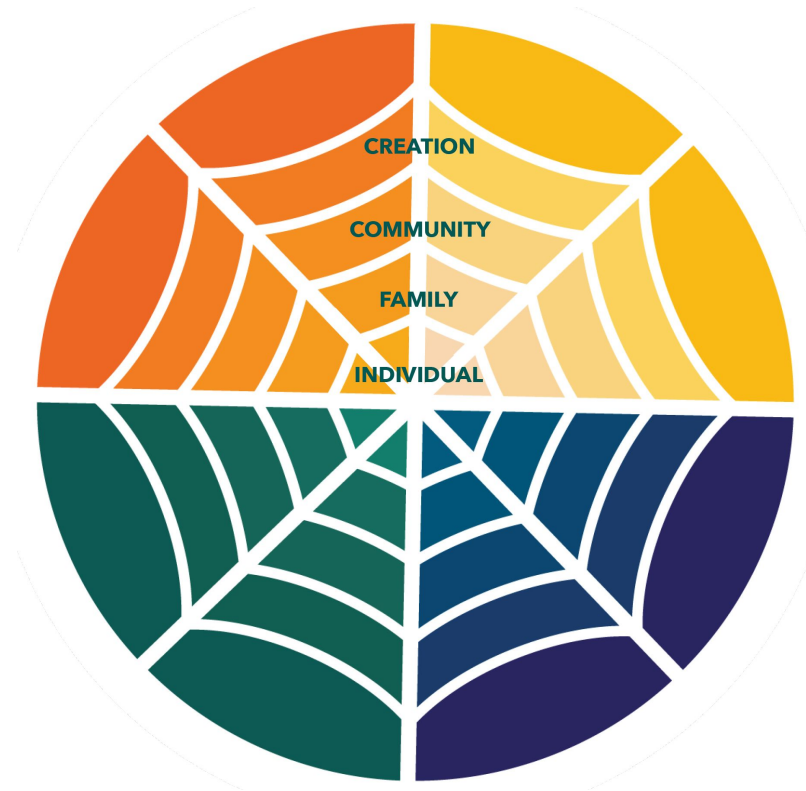


## TALKING WITH GRANDMA

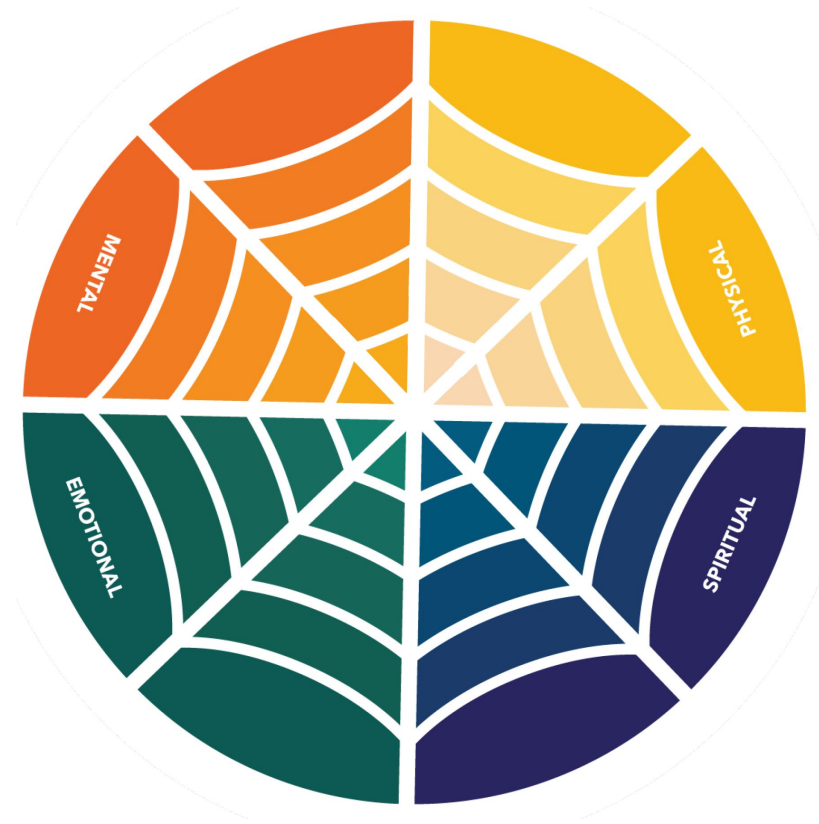
How do you have conversations with members of your community? These inserts will give you some ideas on how to bring evaluation understandings to your local stakeholders, especially the grandmas and grandpas!

Everyone can keep track, and this toolkit will help you assess and build your necessary skills and [capacity](#) to create resilient and sustainable projects, programs and organizations.

# Socio-ecological Domain



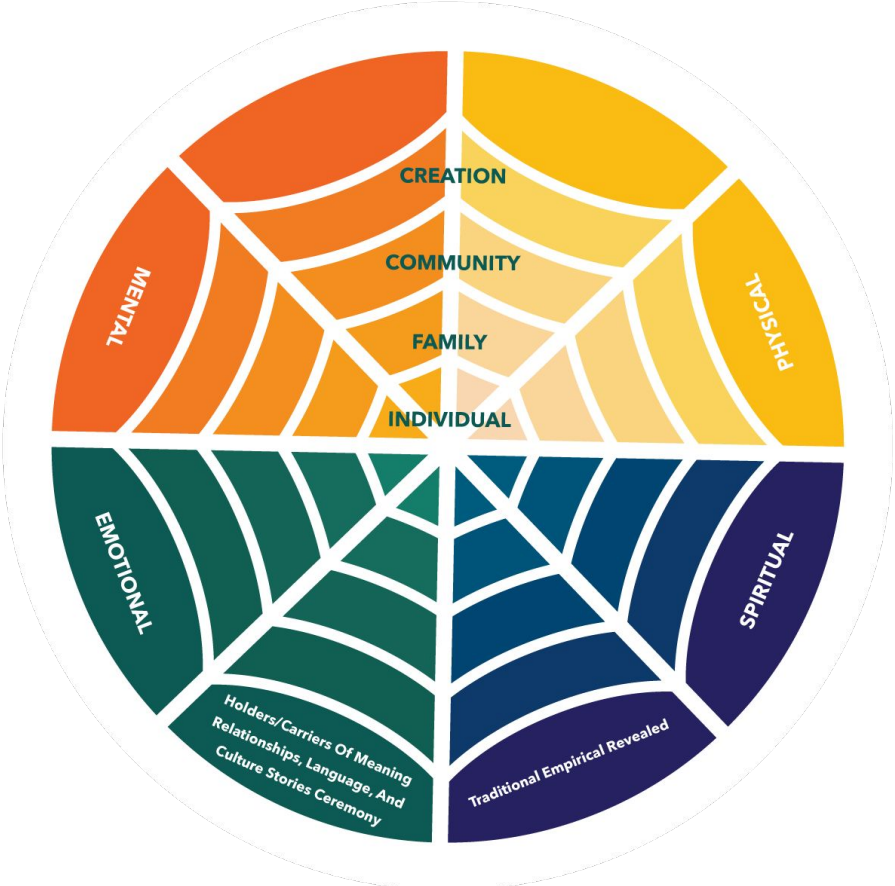
# Four Dimensions of Wellbeing



# Ways of Knowing & Indigenous Knowledge



# NB3 Foundation's Indigenous Health Model





# Indigenous Evaluation Process

## Survey/Gather

- STEP 1: Build the evaluation team (or individual)
- STEP 2: Develop the evaluation questions
- STEP 3: Finalize the evaluation questions

## Plant/Cultivate

- STEP 4: Identify what data you wish to collect and how you will collect it
- STEP 5: Collect the data

## Harvest/Celebrate

- STEP 6: Organize the data
- STEP 7: Communicate
- STEP 8: Take time to celebrate and reflect with the community

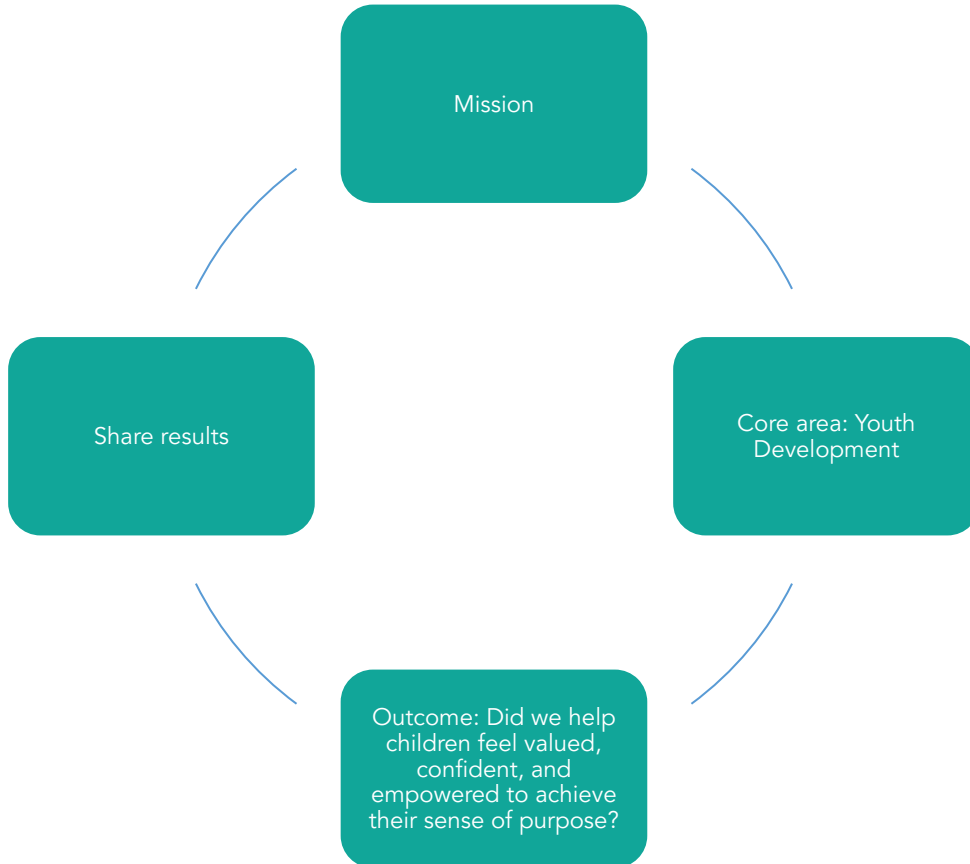


## Plant/Cultivate

STEP 4: Identify what data you wish to collect and how you will collect it.

STEP 5: Collect the data.

# Plant/Cultivate



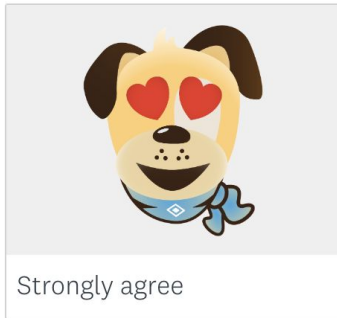
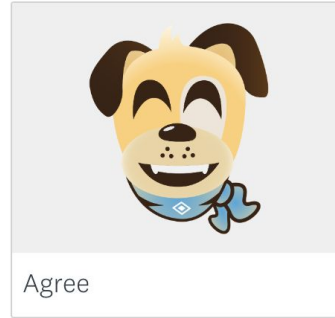
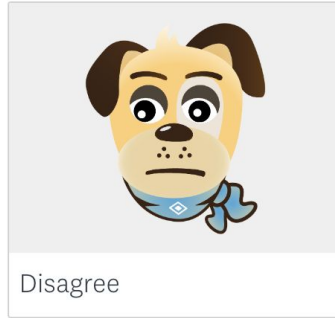
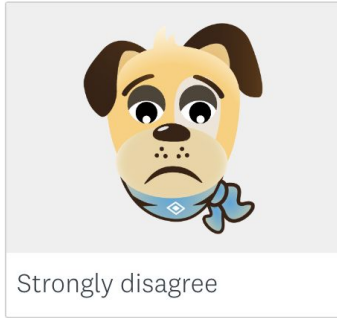
Instructions: Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself.
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
2. At times I think I am no good at all. **R**
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
3. I feel that I have a number of good qualities.
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
4. I am able to do things as well as most other people.
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree
5. I feel I do not have much to be proud of. **R**
  - a. Strongly Agree
  - b. Agree
  - c. Disagree
  - d. Strongly Disagree



# Knowledge Kit Screenshot

13. I am happy with myself. 🗨️ 0



# Knowledge Kit (Survey) Activity Icons

4. Please choose all the activities you enjoy. (Group 3)



Martial Arts



Baking Oven Bread



PE Class



Planting



Play Outside/Playground



Powwow

- 32 activity icons in jpg and png
- Found on NB3 Foundation website: <https://nb3foundation.org/knowledge-sharing-2/resources/>
- Designed by Mateo Perez, Cochiti & Picuris Pueblo



Traditional Dancing/Feast Day



# Harvest/Celebrate

STEP 6: Organize the data

Program	Program Start Date	Program End Date	Attendance Sheets	Pre-KK Administered	Pre-Evaluation Games Administered	Pre-Survey /Link Created	Pre-Survey Deadline	Post-KK Administered	Post-Evaluation Games Administered	Post-Survey/ Link Created	Post-Survey Deadline
Summer Camp	6/8/2021	7/22/2021	X	6/8/2021	6/8/2021	5/27/2021	6/10/2021	7/21/2021	7/21/2021	7/20/2021	8/6/2021
Fall Cross Country	8/16/2021	10/13/2021	X	8/16/2021	8/16/2021	8/16/2021	8/26/2021	10/12/2021	10/12/2021	10/11/2021	10/27/2021
Fall Golf	9/14/2021	11/2/2021	X	9/14/2021	9/14/2021	9/9/2021	9/15/2021	11/2/2021	11/2/2021	11/1/2021	11/16/2021

Table 3: NB3FIT Evaluation Tracker

Harvest/Celebrate  
STEP 6: Organize the data

2022 KK Data Sheet.sav [DataSet1] - IBM SPSS Statistics Data Editor

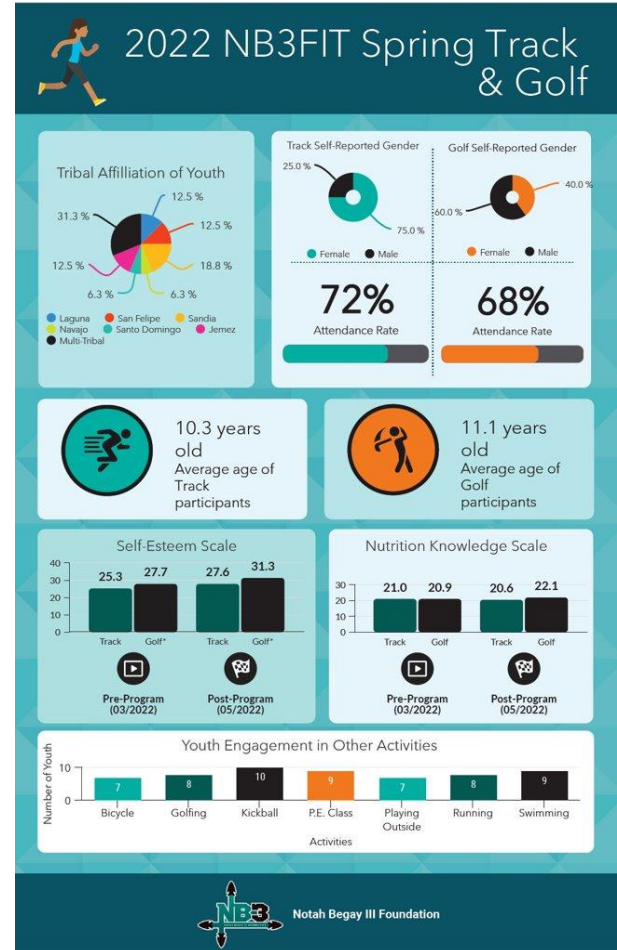
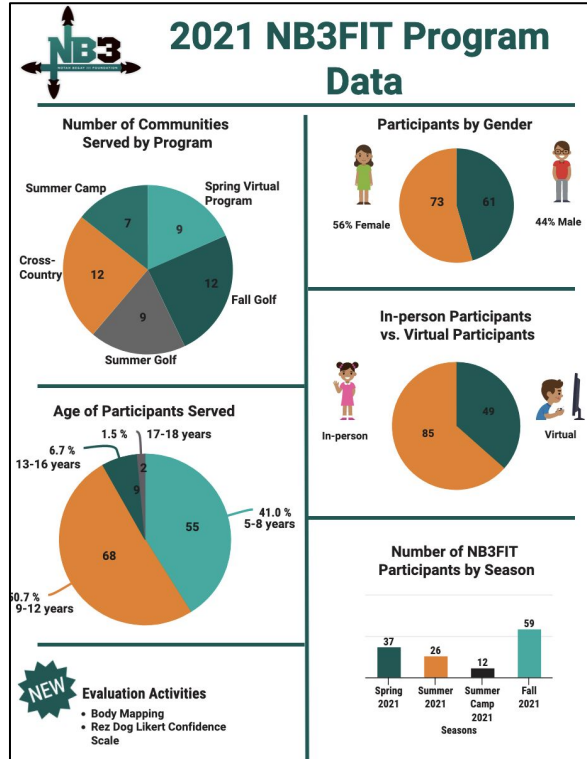
	Name	Type	Width	Decimals	Label	Values	Missing
1	ID	Numeric	8	2	Participant ID	None	None
2	Age	Numeric	8	2	Age of youth at...	None	None
3	Sex	Numeric	8	2	Self-reported g...	{.00, Boy}...	None
4	Local	Numeric	8	2	Self-reported li...	{1.00, Live i...	None
5	Race	Numeric	8	2	Self-reported r...	{1.00, Africa...	None
6	Y1pk6	Numeric	8	2	Confident to na...	{1.00, Stron...	None
7	Y1pk7	Numeric	8	2	Drink 60oz of w...	{1.00, Stron...	None
8	Y1pk8	Numeric	8	2	Choose water o...	{1.00, Stron...	None
9	Y1pk9	Numeric	8	2	Sleep is import...	{1.00, Stron...	None
10	Y1pk10	Numeric	8	2	Knows how to b...	{1.00, Stron...	None
11	Y1pk11	Numeric	8	2	Participate in p...	{1.00, Stron...	None
12	Y1pk12	Numeric	8	2	Writing in journ...	{1.00, Stron...	None

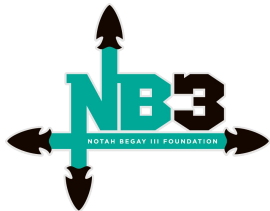
## Harvest/Celebrate

### STEP 6: Organize the data

# Harvest/Celebrate

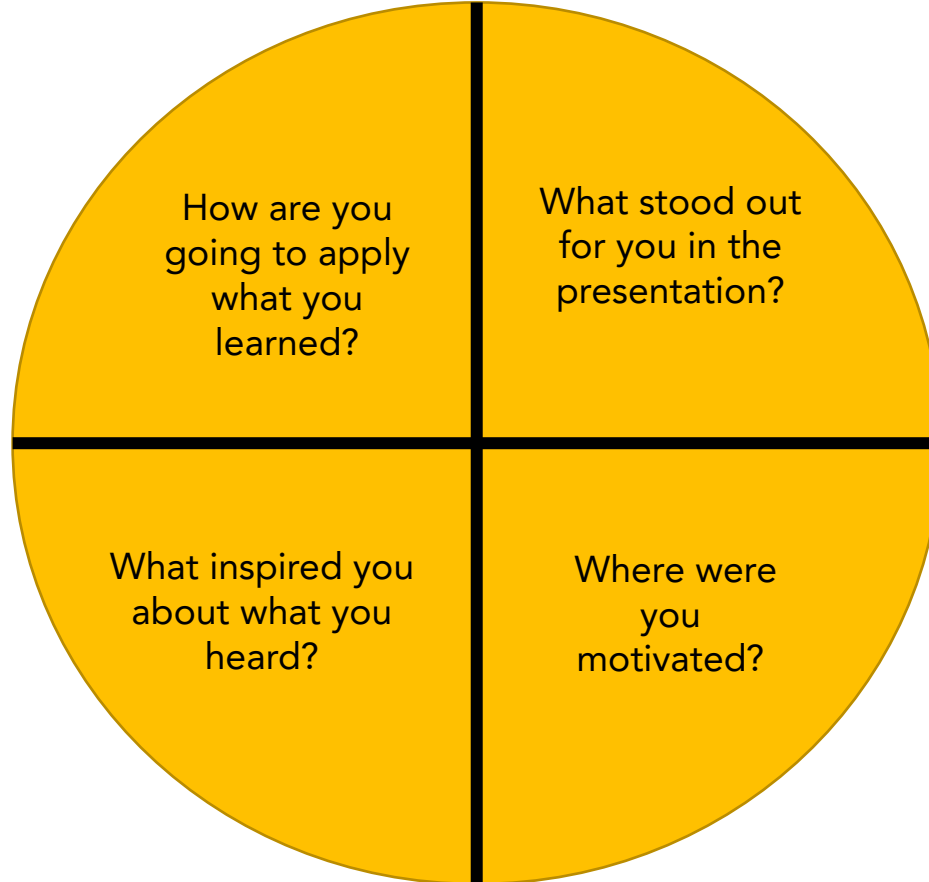
## STEP 7: Communicate





# Evaluation in Different Forms

# Our Talking Journey





# Easy Peasy way to Keep Track

Plus +	Delta
<ul style="list-style-type: none"><li data-bbox="340 390 653 423">• What went well?</li></ul>	<ul style="list-style-type: none"><li data-bbox="985 390 1418 470">• What can we change or strengthen?</li></ul>

# Keeping Track: Physical Health

## ZERO TO 60



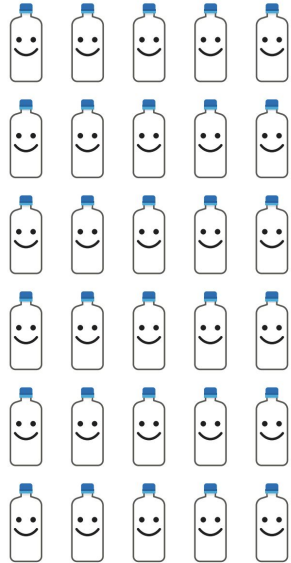
NO SUGARY DRINKS!

TAKE THE 30 DAY CHALLENGE!

Every day you only drink water, color a smiley face!

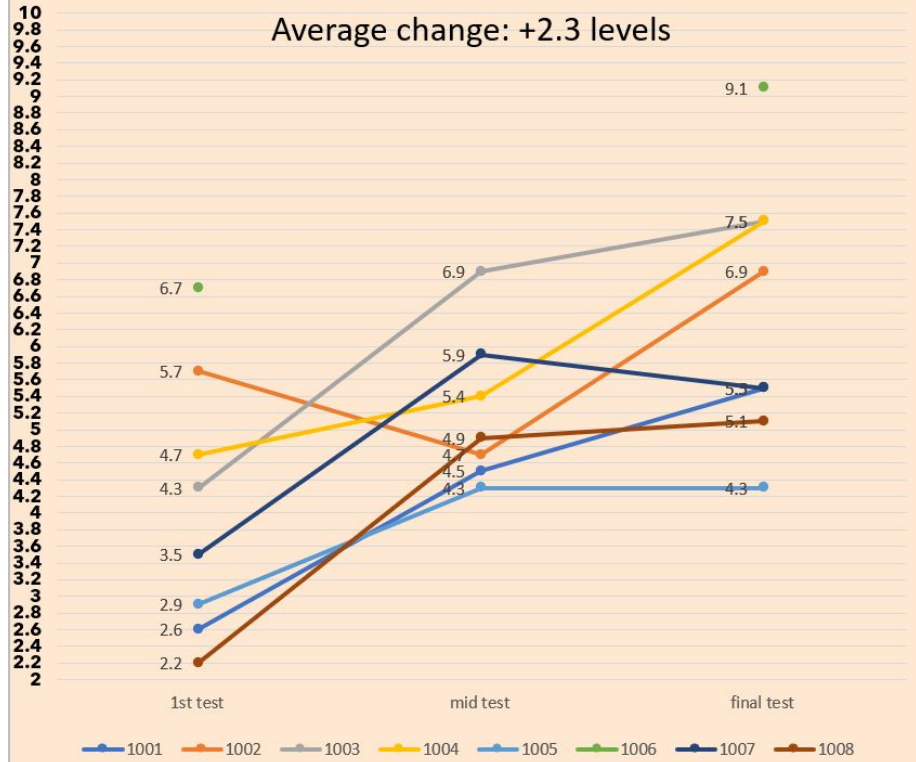
Commit to drinking only water every day for one month!

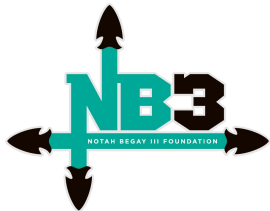
I, \_\_\_\_\_ will drink water instead of sugary drinks this month. (print name)



2022 NB3FIT Track Beep Test Scores

Average change: +2.3 levels





## The Participants' Perspective (Qualitative)

### Team Time

- Check - Ins
- Journal Prompts
- Free Writing
- Talking Circles

Journal prompt: What is special about us as a team?

- “We are from other tribes/ pueblos, work together, push each other at running, help each other, encourage each other, we are cross country runners, we are fast, we are special, nice, kind, respectful”.
- “We are very fast, we work together too and encourage each other to be better runners.”
- “We support each other and push ourselves, we reflect, and we cheer each other on so the team can feel confident.”

Can you identify a theme from the responses?

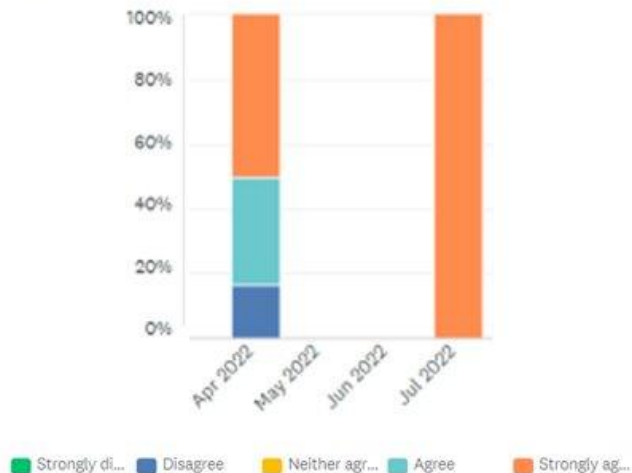


## Evaluating Coaching Staff

- Surveys
- Interviews
- Based on program values

I am confident in leading the Healthy Nutrition components of programming. (Healthy Nutrition components- mean any of the following: Explaining recipe handouts, leading nutrition games, Hands-on snack making, leading journal discussions for nutrition prompt).

Answered: 9 Skipped: 0 First: 4/11/2022 Zoom: Aug 2021





## How Do We Use the Results?

### Program Planning

Provide training for employees

Adjust the curriculum

Compare results across years

Set or adjust program goals

### Funding

Being able to quantify impact

- Provide statistical evidence supporting the program.
- Appeal to funders

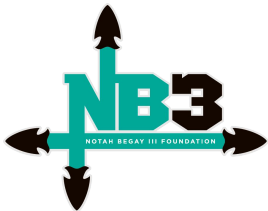
Providing qualitative information

- Show what is valued by the community
- Upholding Indigenous knowledge and values

### Build trust with parents and communities

Providing information that shows what we're doing

Sharing knowledge shows that we care



# Keeping Track Toolkit Resources

Survey  
Development

Community  
Mapping

Crafting an  
E.E.E. Excellent  
Story

A Model of  
Indigenous  
Wellness and Its  
Application to  
Evaluation

Indigenous  
Evaluators

Further Learning



**NB3FIT Program Data Analysis Tutorial  
utilizing Microsoft Excel**  
*Developed by John Snow, Inc.*

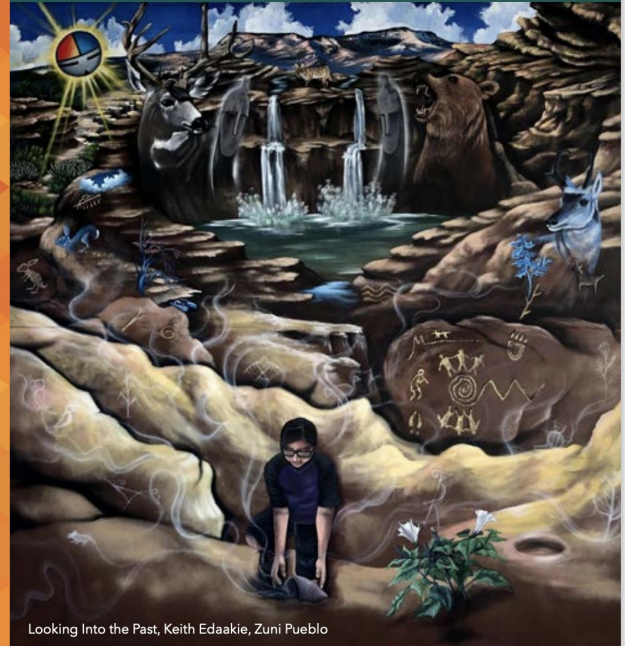
**Table of Contents**

Adding Analysis Software to Excel .....	2
Paired Sample T-Test Analysis .....	5
Regression Analysis .....	7



**GETTING TO THE HEART  
OF COMMUNITY**

CREATING A CULTURALLY RESPONSIVE  
EVALUATION FRAMEWORK



Looking Into the Past, Keith Edaakie, Zuni Pueblo

# Getting to the Heart of Community: An Evaluation Journey with the Zuni Youth Enrichment Project







290 PRAIRIE STAR RD.  
SANTA ANA PUEBLO  
NM 87004

P. 505.867.0775  
NB3FOUNDATION.ORG



3.

# Youth Led Evaluation

Allyson Kelley & Associates  
<https://www.allysonkelleypllc.com/aboutus>



AKA

# THEORY OF HOPE

# Our Values & Theory of Hope

 OUR VISION

To be a leader in building evaluation capacity, understanding, and infrastructure resulting in opportunities for community healing and transformation.

 OUR PRIORITIES


**7 Future Generations:** We work with historically underserved populations and communities, recovery centers, treatment programs, mental health programs, rural agencies, K-12 schools, Tribal Epidemiology Centers, Universities, non-profit agencies, and youth-serving organizations. **Our vision is that our work will transform and heal seven future generations**

WE WORK


Every day we work to **build equity, connection, and advocacy** for the people, organizations, and communities that we serve.

 Evaluation

 Research

 Training & Technical Assistance

 Grant Support

 Health-Equity Focused Resources

- + Empowerment focused
- + Spirit based
- + Teamwork
- + Generosity
- + Investment
- + Health equity
- + Forward thinking
- + Mentoring
- + Integrity
- + Passion
- + Intentional growth
- + Innovation in all things
- + Flexibility
- + Advocacy
- + Family first
- + Empowering women

WE PROVIDE

WE EMBRACE

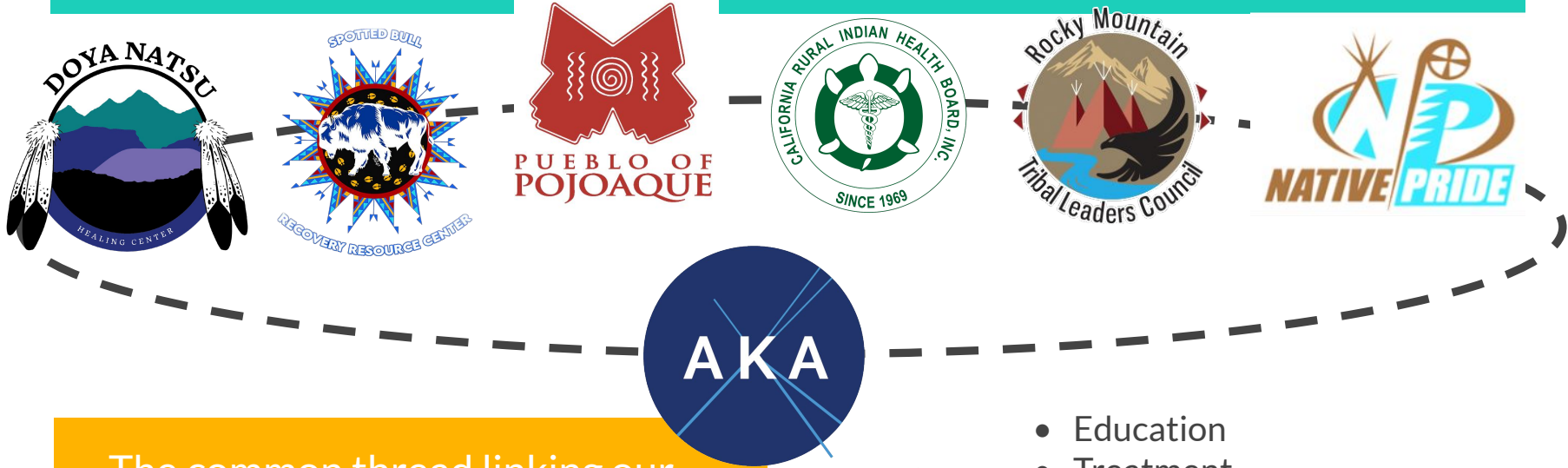
WE HOPE

Every client and community is **positively impacted** by our collective work.

WE SEE

**COMMUNITIES LEADING EVALUATION EFFORTS** *New evidence of what works from our publications* **Families celebrating first generation college students and graduates** **Interns and students sustaining the work** **RACIAL EQUITY** *Balanced power systems* **Community healing and transformation**

# Our Clients



AKA

The common thread linking our clients and team is transformation and healing.



- Education
- Treatment
- Recovery
- Prevention
- Balance
- Wellness

# Indigenous Evaluation Frameworks & Youth



# Youth Led Evaluation at AKA

Fort Peck 31st Annual Youth Leadership  
Conference

Fort Peck Culturally-Based  
Prevention Program Evaluations

NPAIHB NARCH Public Health  
Research Academy



Image Sources: SBRR/AKA, NW NARCH



Sometimes evaluation feels like piecing together the world's hardest jigsaw puzzle



Image Source: [Etsy.com/shop/priceless](https://www.etsy.com/shop/priceless) ByJulie

# Next Gen Evaluators...



Image Source: SBRR/AKA, NW NARCH





# What we did...

## NW NARCH

- ★ 2023 Highlights
- ★ Baseline Summary Report
- ★ Presentation to Educate Youth on Evaluation
- ★ Follow-up Summary Report
- ★ [Newsletter with AEA](#)



Image Sources: NW NARCH



# METHODS USED TO CREATE STORIES

THRIVE

TRIBAL PUBLIC HEALTH  
ADVISORY TEAM

EVALUATION TEAM  
CURRICULUM

RESOURCES

PRAYERS OF ANCESTORS

## GOALS

- Spark Learning
- Connect to Mentors
- Meet Role Models
- Grow Researchers
- Improve Public Health

## VALUES

- Connection
- Confidence
- Hope
- Empower
- Sustain
- Transform
- Equity

# Group Roles



## Handout 2.0

### What's my Vibe?

As you create your evaluation team, think about what role you would like to play?  
Select those you're interested in from the list below.



#### Project manager

Keeps things organized, on track leads and supports various evaluation positions and tasks/deliverables.

#### Data collector

Gets all data into one place, cleans and sorts data to understand what it means.

#### Qualitative Researcher

Collects all qualitative data (text responses) and analyzes data for themes to answer a question, "What story can we tell about our Community Project?"

#### Quantitative Researcher

Collects all quantitative data (numeric responses like grade, average age, # siblings etc.) to answer the question, "What are the characteristics of our Community Project?"

#### Storyteller

Tells the story at the end, helps create narrative around data points collected. Story can be written, oral, drawing, or other.

#### Cultural Reviewer

Reviews content from a cultural lens. Does the approach and data honor and uplift culture, focus on strengths and resilience, recognize unique gifts of each tribe, land-based, sovereignty, etc.

# The Evaluation Team



# How did we do it?

## Quantitative (numeric) data

- Age
- Sex/Gender
- # of siblings
- Tribal affiliation

## Qualitative (visual, arts, words) data:

- What are you excited about?
- What are you unsure of?
- Visual: Draw your family
- Visual: Take a picture of something that makes you smile
- Oral: Envision where you are in a week, a year, as a tribal elder. What do you see?



Image Source: NW NARCH





# What does your family drawing look like?

Image Source: NW NARCH



# Reporting back to Youth



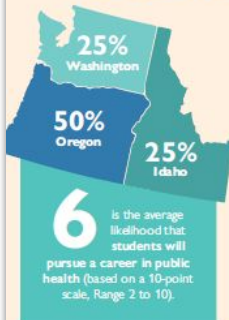
NW NATIVE AMERICAN RESEARCH CENTER FOR HEALTH

## PUBLIC HEALTH RESEARCH ACADEMY FOR NATIVE HIGH SCHOOL STUDENTS

### Pre-Survey Baseline Report

June 26, 2023 | THRIVE, NPAIHB, NPAIHB: OHSU-PSU

#### WHO ARE THE YOUTH?



**100%**  
Female

**5**  
Tribal Affiliations

**11th & 12th**  
Grades  
One student was entering 10th grade.

#### WHAT ARE THEIR PUBLIC HEALTH CAREER INTERESTS?

- #1** Public Health Nurse (50%)
- #2** Biologist, Health Educator, Public Health Physician, Social Worker (25%)
- #3** Epidemiologist, First Responder, Scientist/Researcher (25%)

Other roles not selected, 0% - communication, planner, IT, lawyer, policy, nutritionist, web design)

#### HOW FAMILIAR ARE THEY WITH PUBLIC HEALTH RESEARCH METHODS?

**38%**  
Used or practiced surveys, focus groups/talking circles, and interview.

**12%**  
Used or practiced a community needs/resource assessment.

**0%**  
Used or practiced a community health project, photovoice, or story maps.



Source: NPAIHB NARCH PH Research Baseline Summary Report, pg.1



# What we learned...

*from NW NARCH*

- ★ Good things take time
- ★ Collect only data you will use
- ★ In-person works best
- ★ Photos are data worth taking
- ★ Celebrate



Image Source: NW NARCH



# What we did...

## *Fort Peck Indian Reservation Summer Evaluation*

- ★ In-person data collection (surveys)
- ★ Online surveys (Qualtrics)
- ★ Photos
- ★ Videos
- ★ Qualitative reflections
- ★ Storytelling
- ★ Reflection
- ★ Training







SBRRRC NDO IHS SAMHSA NATIVE PRIDE



METHODS USED TO CREATE STORIES



## GOALS

- End cycles of poverty and trauma
- Fun activities available for all
- People are accountable
- Cultural practices, positive identity, and empowerment help us reach our goals

## VALUES

- Be Positive
- Focus on Education
- Practice Spirituality
- Embrace Native culture
- Be a Mentor
- Sustain Efforts
- Have Humility
- Embrace Courage
- Be Respectful
- Model Healthy Relationships



AKA ELDERS CURRICULUM CULTURE



This is a living evaluation model of how we approach our work, the values we uphold, and the shared goals we are working toward. For more information visit [www.spottedbull.org](http://www.spottedbull.org)

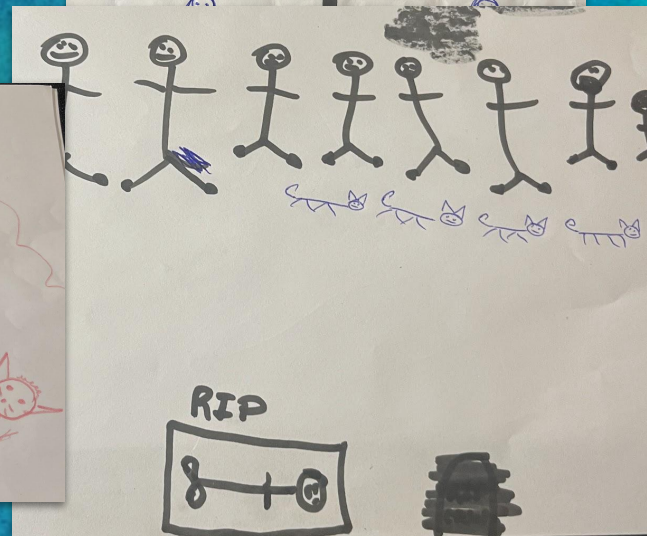
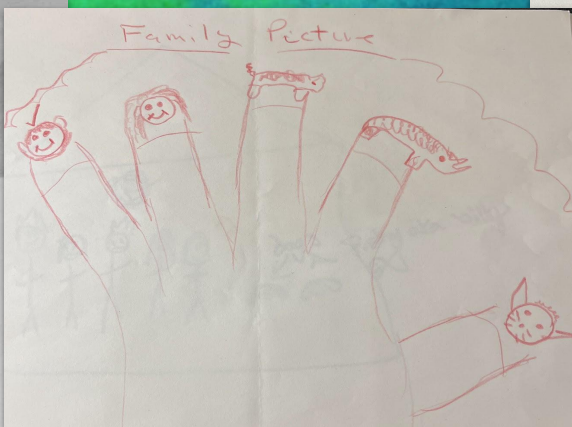
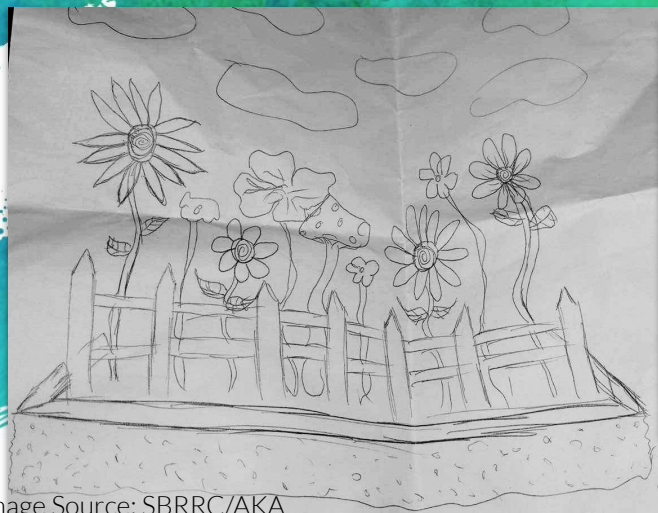
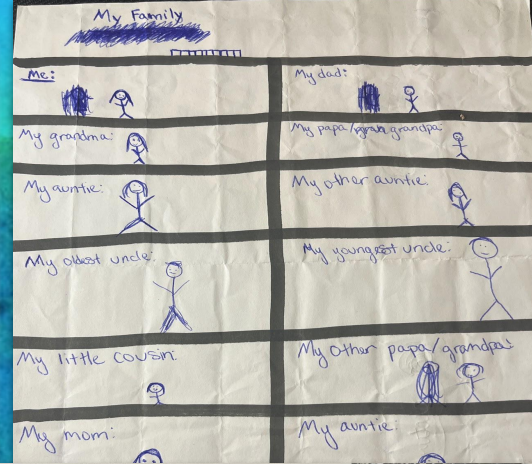
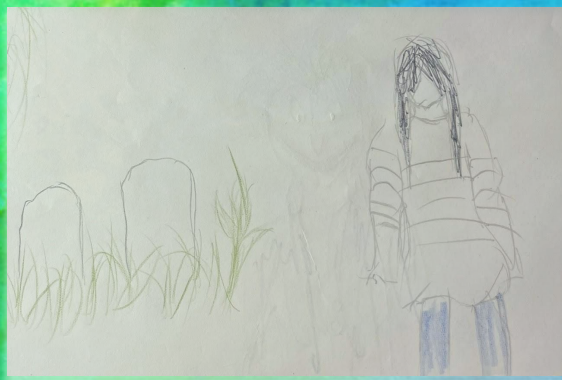
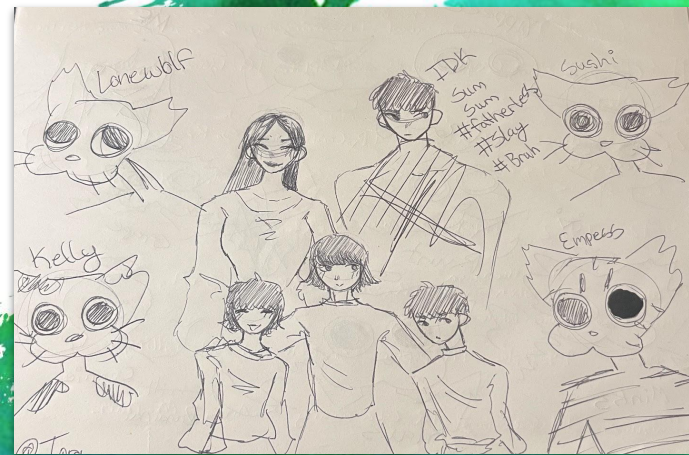


Image Source: SBRR/AKA

# Example Family Drawings

# 30 Seconds to Smile



# Sharing All Youth Voices

Ask youth to draw images of...

- Where we are
- Vision of the future

**Where we are**



**Vision of our Future**



Image Sources: SBRR/AKA



## SUMMER EVENTS

Data Collection Type and Takeaways

### MEMORIAL DAY HORSEMANSHIP AND RODEO SCHOOL

May 26-30 | Poplar, MT



#### Data Collection:

Social Media, qualitative reflection



#### Key Takeaways:

707 youth and adults participated

### RED BOTTOM CELEBRATION HORSEMANSHIP CLINIC

June 15 | Frazer, MT



#### Data Collection:

Social Media

### WILD HORSE STAMPEDE

July 6 | Wolf Point, MT



#### Data Collection:

Qualitative reflection, online surveys, social media, photos



#### Key Takeaways:

Sobriety is fun—activities like archery, animal care, riding horses, and broncs.

### BEING A GOOD RELATIVE CREATOR'S GAME YOUTH AND ADULT MENTORING CURRICULUM

June 12-16 | Bear Butte, MT



#### Data Collection:

Online Survey, photos, interviews, and social media

#### Key Takeaways:

16 youth and 10 adults certified will use skills to address bullying, emotional abuse, and personal safety

### BADLANDS CELEBRATION HORSEMANSHIP CLINIC

June 22 | Brockton, MT



#### Data Collection:

Social Media Video Reel and Photos



#### Key Takeaways:

78 attendees, 30 horsemanship clinic participants

### SADDLE BRONC RIDING CLINIC

July 29-30 | Poplar, MT



#### Data Collection:

17 paper surveys, interviews, social media, photos



#### Key Takeaways:

Participants learned how to ride and ride better.

# Planning Data Collection

Source: [SBRRC/AKA Summer Evaluation Summary 2023](#) pg 4



# Mixed Methods Tell Story

**85%**  
of youth **believe**  
**that the Creator**  
**loves** and cares  
about them.


- **75%** of youth rate their spirituality as good or extremely good.
- **75%** believe they can do challenging things.
- **70%** of youth were hopeful about the future.
- **50%** of youth agree or strongly agree they look for creative ways to alter difficult situations at baseline.

**The top sources of strength overall**


- #1 Caring Adults**  
I feel I have good, caring relationships with adults who truly care about me.
- #2 Healthy Activities**  
I feel I keep involved in healthy activities like sports, music, art, teams, and organizations.
- #3 Family**  
I feel my family cares about me, spends time with me, and is strong support for me.
- #4 Culture and Community**  
I feel connected to my culture and community.

**The top wellness concerns that youth may experience**


- #1 Depression and Anxiety/ Alcohol and Drug Use**
- #2 Suicide**
- #3 Physical Appearance/ How You Look**




1 Youth Leadership Conference Evaluation Highlights | 2023



I was taking a picture of the sky, and it made me feel happy and grateful for how pretty the world is.



I was getting a Navajo Burger; it make me feel very excited because my mom always talked about how good Navajo fry bread is.



We met Supa Man, and we felt good.

Image Source: SBRRC/AKA  
[SBRRC Fort Peck Annual Youth Leadership...](#) August 2023, pg.5 & 8



# Fort Peck Youth Leadership Written Report Group 2

## Group 2 Report

One day we all got onto a bus and we all traveled together to a city called Billings. We all met on August 14, 2023.

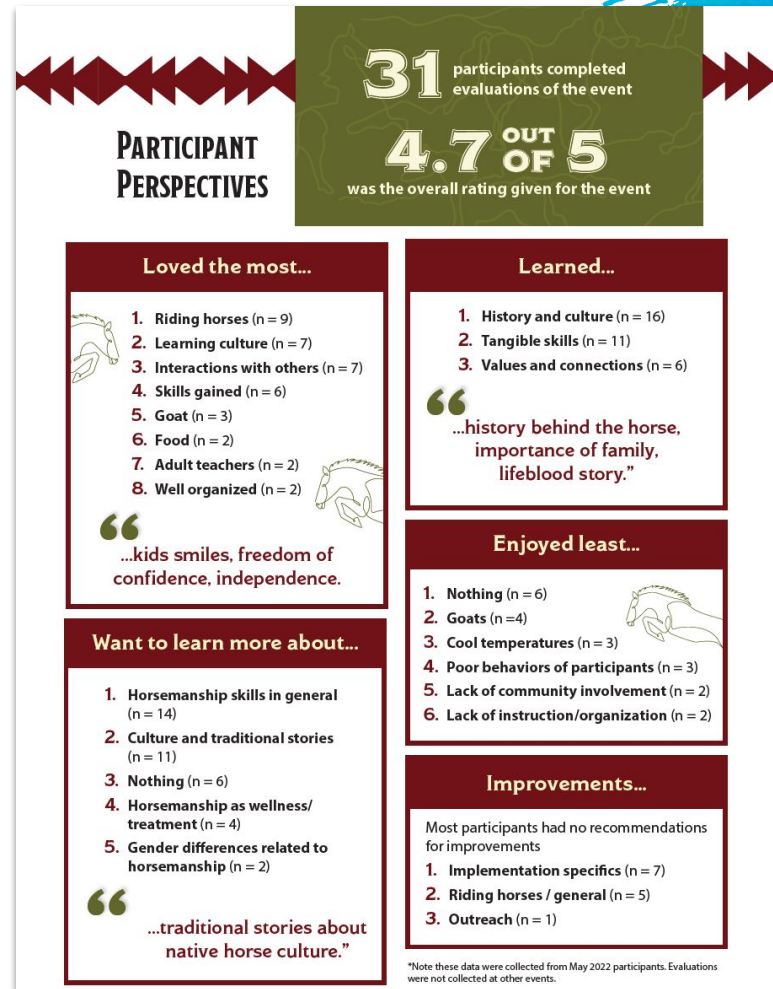
The next day we were all put into a group, we are the rez rockets. We all might be different in age (17,42,10,14,15) but we are all from Assiniboine and Sioux tribes. Some have dreams to be in the medical field or the military and retirement, and be batman. We all are ready to depart in different directions.

Most of us are unsure of feeling and life.



# Documenting Perspectives

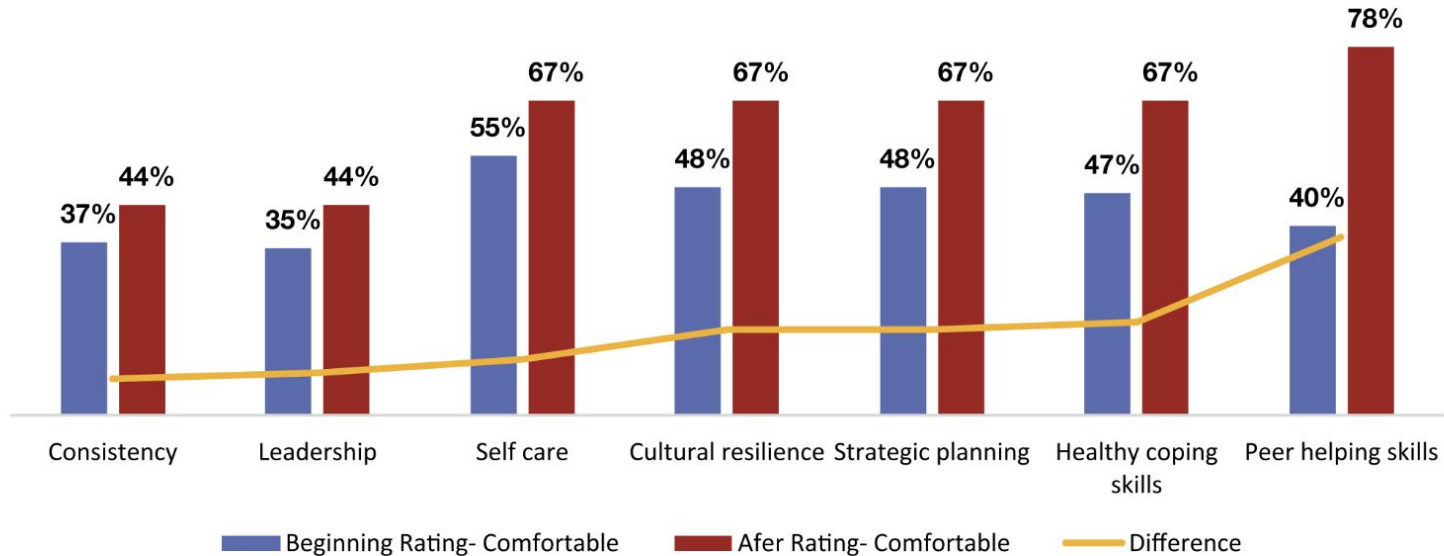
Source: [SBRRC/AKA Horsemanship Youth Rodeo Report 2022](#), pg. 12





# Mentoring Curriculum Before/After

## Youth Comparison of Before and After Ratings on Select Mentoring Competencies\*



\*Based on the initial certification survey response from 9 youth and 8 adults.



The Horsemanship clinic was an opportunity to connect and learn about the horse, a sacred animal to the Fort Peck Tribes.



I learned that **animals are healing**, you could build many friendships with them, they can bring joy.

I learned that **animals can help bring out a child's spirit**.

I learned to **connect to a horse** and understand their body language.

## Culture Teachings & Lessons

I learned what **sunkawakan oyate** means.

Horses can heal a human's spirit or sad emotions.

Food is culture.

I learned about sage, sunflower, turnips and their uses!

## Things people most enjoyed

- Riding and learning about horses
- Petting Zoo
- Spending time with the community/spending time with loved ones
- Archery lessons
- The food (Indian tacos)
- The friendly staff
- Cultural teachings learning about Native plants

**I liked seeing the youth and the community come together.**

- Survey Participant

[www.spottedbull.org](http://www.spottedbull.org)



@sbrccactivities



@sbrccfortpeck

We appreciate the support of all SBRRRC staff, community members, families, and program partners – Wadopana Event Committee, Wolf Point Community Organization (WPCO), Fort Peck Community College Agriculture Department, NDO, and SAMSHA Native Connections.

# Lessons & Evaluation

Image Source: SBRRRC/AKA, [Horsemanship Clinic Highlights 2023](#)



# Evaluating Social Media Process & Reach

## SHARING OUR EVENTS

Highlighting 6 events from the event.

### Social Media at SBRR

April 12, 2023, September 18, 2023



EVENT	REACH # of viewers posts and shares	REACTIONS Likes and comments	NOTES
Ladies Bronc riding and Wild Horse Riding Clinics Poplar, MT	180,000	1,327	6 posts, including a video Carrie posted while at the event that went viral. If the viral video removed reach was closer to 5000
Memorials Day Creator's Games Poplar, MT	17,289	386	10 posts that included posters before the event, photos from each day of the events, and shared videos of the events
Poplar Indian Days Poplar, MT	9,749	127	6 posts, including events poster and contest promotion
Wild Horse Stampede Wolf Point, MT	6,085	160	4 posts, including event poster, photo contest, video during event and highlights video after the event
Badlands Celebration Brockton, MT	5,253	188	3 post including event poster prior to event and follow-up video and with event highlights and photo carousel
Fort Kipp Horsemanship Clinic Fort Kipp, Mt	637	17	1 video - no poster created for this event so no pre- promotion
<b>TOTAL</b>	<b>219,013</b>	<b>2,205</b>	



Image Source: SBRR/AKA



# Engaging Youth With Social Media

- Encouraging them to take photos and videos
- Ask for youth volunteers to help hand out surveys or conduct interviews



Poplar Indian Days

## Video & Photo Contest

August 31- Sept 3



Chance to win Beats headphones!

Image Sources: SBRRC/AKA





**Spotted Bull Recovery Resource Center - Activities**



30 August · 🌐

Thanks to our partners, instructors, and everyone who came to [#sbrchorsemanship](#) clinic this past weekend! Here are some fun highlights!

Be sure to join us for the horsemanship clinic this weekend or one of the many other fun events. For more details visit, <https://www.spottedbull.org/upcomingevents>



Image Source:SBRRC/AKA

# Telling Youth Stories

Making it Accessible With Social Media.



## LETTER TO TRIBAL COUNCIL

AUGUST 14-20TH

DEAR TRIBAL COUNCIL

We as people of the reservation constantly want to see change, feel security, and see positive lifestyles for our future generations. What I see on the reservation is a lot of people in pain, but I also see others who broke the chain of trauma and are changing their lives and doing things that normally they wouldn't have.

During the horsemanship camps we have learned that horses are a lot like us; they have their own personality and spirits. If you wait till the horse is older it will be a lot harder to break. You will have to put in much more work to change a horse who is set in his ways. Putting a saddle on them makes them act out more, be anxious, and they are more stubborn. It is possible, but all that work and time could be avoided if you start working with the horse when young.

Our vision for our people is to start with the youth. Put more resources and priority into the youth. When we focus on our youth we teach them how to break negative cycles. At Dr. Small's Native Pride conference we committed to break the cycle of poverty and trauma. So, how do we do this? By keeping a positive attitude and teaching our youth about their cultural identity. We must empower them and teach them how to mentor each other on their road to healing...  
... Historical trauma is real, but we cannot forget that historical resilience is real too. Breaking negative cycles is hard, but it is easier when we start with our youth.

Sincerely,

*NDO Youth Leaders*



FORT PECK YOUTH LEADERS WRITTEN BY NDO  
YOUTH ATTENDING NATIVE PRIDE WITH DR. SMALL

# Uplifting Youth Voice- Tribal Council Letter



# Lessons From Youth Led Evaluation...

- Multiple methods work best
- We don't need to evaluate everything
- We are storytellers
- Evaluation is part of the history and library of knowledge that will help our community heal



Image Source: SBRRC/AKA



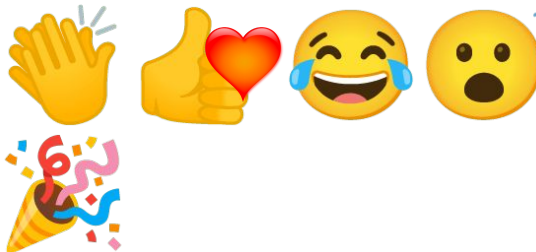
# 4. Let's Talk About it!

## Logistics

- Share Your Video
- Use the Chatfeed

## Engagement

- Use the Chatfeed
- ASL
- Zoom Reactions







*Chatfeed Convo:  
Type Questions, Ask  
Away!*



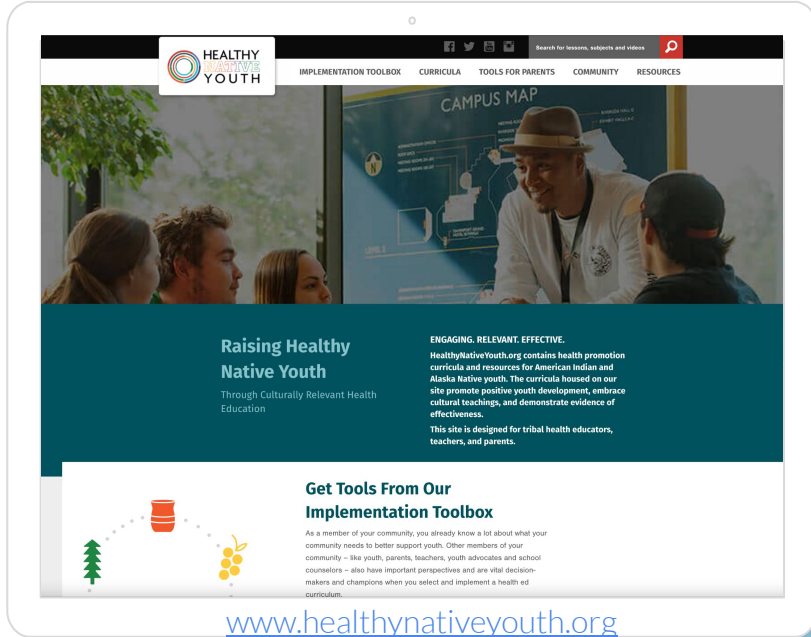
# Practice in Action

Taking it back home!



# Healthy Native Youth

- ★ Implementation Toolbox
- ★ Filter & Compare Tool
- ★ Stand-alone Lessons
- ★ Tools for Caring Adults
- ★ Community of Practice
- ★ Resources, Support, & TA
- ★ Upload & Submit Your Own Curricula



# We R Native

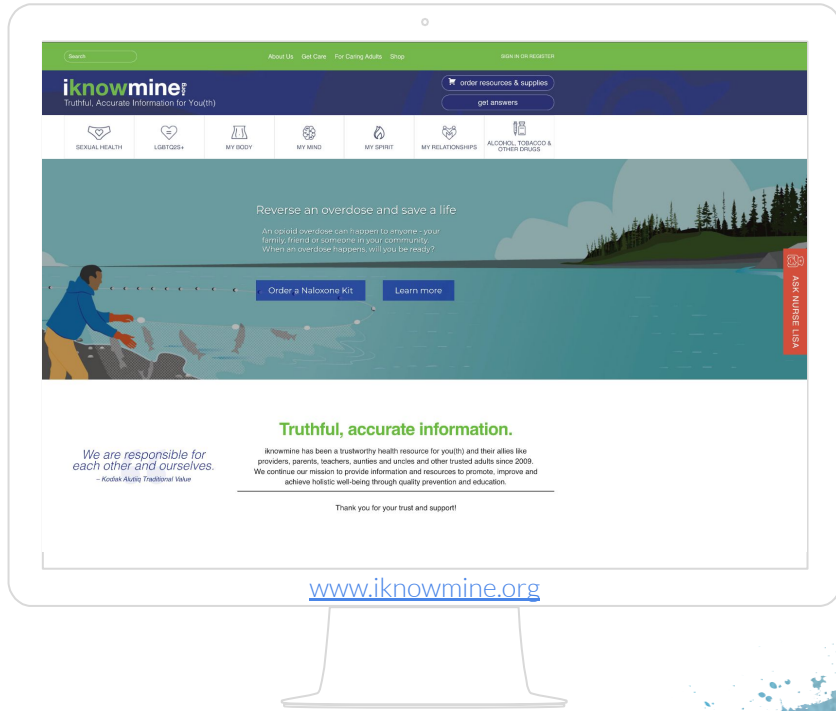
## For Youth

- ★ Multimedia health resource for Native youth by Native youth
- ★ “Ask Your Relative” Q&A Service
- ★ Youth can text “NATIVE” to 94449
- ★ Follow on Instagram, Twitter, YouTube, Facebook

The screenshot shows the WERNATIVE website interface. At the top, there's a navigation bar with icons for 'ask your relative', 'my culture', 'My Life', 'Find a mentorship', 'my mind', 'my impact', 'ambassadors', 'get up', and 'search'. Below this is a large image of four diverse youth sitting together. A banner below the image reads 'WERNATIVE For Native Youth by Native Youth'. The main content area features a row of six stylized avatars representing different youth. To the right of the avatars, the text says 'You've got questions, we've got answers.' followed by a smaller line: 'If you are a Native youth and have a "mind, body or spirit" question on your heart that a Relative can assist with good medicine, ask us!' and a button labeled 'Ask Your Relative'. Below this is a section titled 'Text CARING to 65664' with a small graphic of a person and a speech bubble. The text in this section reads: 'This is for everyone who sometimes all it takes is a photograph to brighten your day and with your perspective, we all need a little more joy in our lives, and We R Native wants to help spread the love. Simply text "CARING" to 65664 to receive text books per week with funny advice, tips, and messages designed to improve your mood and remind you of just how awesome you are! The best part about being Native, is that we have each other's backs. Consider signing up to get an extra boost from relatives and relatives who care.' Below this is a form to 'Enter your name and phone number' with fields for 'Your Name' and 'Phone' (with a placeholder '0000-000-0000') and a 'Subscribe Me' button. At the bottom of the form, it says 'Msg & Data Rates May Apply' and 'Text STOP to opt out, the purchase agreement. Privacy & Terms'.

[www.wernative.org](http://www.wernative.org)





# I Know Mine

## For Alaska Native Youth

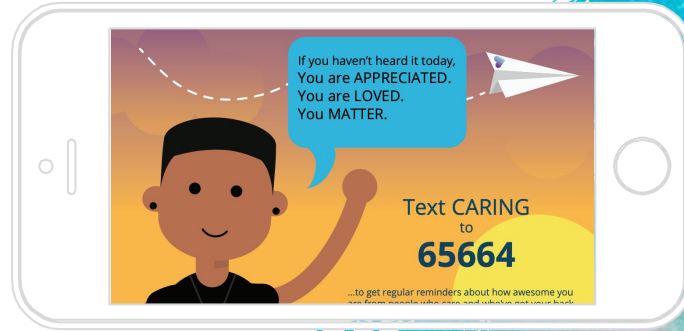
- ★ Get Condoms
- ★ “Ask Nurse Lisa” Q&A Service
- ★ Opioid Overdose Response Kit
- ★ AK Syringe Services Program
- ★ Follow on Twitter, YouTube, Facebook



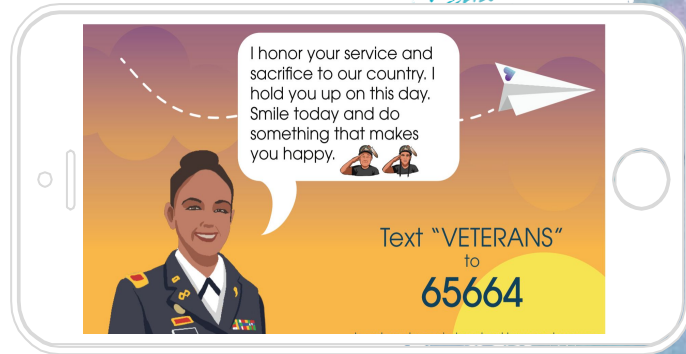
ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



# COLLEGE



# YOUTH



# VETERANS

# Caring Messages

To get regular reminders about how awesome you are from people who care and who've got your back!

- ★ Text "Caring" to 65664
- ★ Text "College" to 65664
- ★ Text "Veterans" to 65664



# Youth Support

For free 24/7 crisis support

**CRISIS TEXT LINE |**

Crisis Text Line  
Text: NATIVE to 741 741  
[www.crisistextline.org/](http://www.crisistextline.org/)



Suicide and Crisis Lifeline  
Dial or Text: 988  
[www.988lifeline.org/chat/](http://www.988lifeline.org/chat/)

## Abuse & Sexual Assault



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[www.strongheartshelpline.org](http://www.strongheartshelpline.org)



National Sexual Assault Hotline Call  
(24/7): 1-800-656-HOPE  
[www.rainn.org/](http://www.rainn.org/)



National Teen Dating Abuse Helpline  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



Childhelp National Child Abuse Hotline  
(24/7): 1-800-4-A-Child (422-4453)

## Drugs, Alcohol & Tobacco



National Institute on Drug Abuse for  
Teens  
Call: 1-800-662-HELP  
[www.nida.nih.gov/research-topics/parents-educators](http://www.nida.nih.gov/research-topics/parents-educators)



Truth: Smoking, Vaping, and Opioids  
Text: DITCHVAPE to 88709  
[www.thetruth.com/article/this-is-quitting](http://www.thetruth.com/article/this-is-quitting)



Get the Facts About Drugs:  
Just Think Twice  
Call: 1-855-378-4373  
Text: 55753  
[www.justthinktwice.gov/](http://www.justthinktwice.gov/)



National Drug Information Treatment  
& Referral Hotline  
Call: 1-800-662-4357  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)

## Mental Health



Mental Health America  
Call: 1-800-969-6642  
Text: MHA 741 741  
[www.mhanational.org/](http://www.mhanational.org/)



Teens Helping Teens  
Call: 1-800-852-8336  
Text: YLNATIVE to 839 863  
[www.theyouthline.org](http://www.theyouthline.org)



We R Native: My Mind  
Text: CARING to 65664  
[www.wernative.org/my-mind](http://www.wernative.org/my-mind)



National Hotline. Reach Out  
& Get Help  
Call: 1-800-448-3000  
Text: VOICE to 20121  
[www.boystown.org/hotline](http://www.boystown.org/hotline)



Caring Messages - to  
remind you of how  
awesome you are!  
Text: CARING to 65664  
Text: COLLEGE to 65664



# Youth Support

## Relationships & Dating



StrongHearts Native Helpline  
Call, text, or chat 24/7  
1-844-7NATIVE (762-8483)  
[strongheartshelpline.org/](http://strongheartshelpline.org/)



Love is Respect  
Call (24/7): 1-866-331-9474  
Text: LOVEIS to 22522  
[www.loveisrespect.org](http://www.loveisrespect.org)



That's Not Cool  
Healthy Relationships, Online & Off  
Call (24/7): 1-866-331-8453



We R Native: My Relationships  
[www.wernative.org/my-relationships](http://www.wernative.org/my-relationships)

## Sexual Identity - 2SLGBTQ+



Paths (Re)Membered Project  
Text: 2SLGBTQ to 94449  
[www.pathsremembered.org/](http://www.pathsremembered.org/)



Native Youth Sexual Health Network  
[www.nativeyouthsexualhealth.com/](http://www.nativeyouthsexualhealth.com/)



The Trevor Project  
Call (24/7): 1-866-488-7386  
Text: START to 678 678  
[www.thetrevorproject.org/](http://www.thetrevorproject.org/)



It Gets Better Project  
[www.itgetsbetter.org/](http://www.itgetsbetter.org/)



## Sexual Health



Planned Parenthood  
Call: 1-800-230-7526  
Chat: [www.plannedparenthood.org/learn/sex-sexual-health-chatbot](http://www.plannedparenthood.org/learn/sex-sexual-health-chatbot)



We R Native: Sexual Health  
Text: SEX to 94449  
[www.wernative.org/ask-your-relatives](http://www.wernative.org/ask-your-relatives)



I Know Mine  
[www.iknowmine.org/ask-nurse-lisa](http://www.iknowmine.org/ask-nurse-lisa)



It's Your Sex Life  
[www.itsyoursexlife.com](http://www.itsyoursexlife.com)



Bedsider  
[www.bedsider.org/](http://www.bedsider.org/)



Get Yourself Tested #GYT  
[www.cdc.gov/std/saw/gyt/howtoGYT.htm](http://www.cdc.gov/std/saw/gyt/howtoGYT.htm)



Trans Lifeline  
Call: 1-877-565-8860  
[www.translifeline.org/](http://www.translifeline.org/)



Human Trafficking Hotline  
Call (24/7): 1-888-373-7888  
Text HELP to 233 733  
[www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)



THRIVE Linktree:  
[https://linktr.ee/npai/bbthrive?utm\\_source=qr\\_code](https://linktr.ee/npai/bbthrive?utm_source=qr_code)

Click on icons to go to resource

# Youth Support

## Bullying



Stopbullying.gov  
[www.stopbullying.gov/resources/teens](http://www.stopbullying.gov/resources/teens)



Cyberbullying  
[www.cyberbullying.org/resources/students](http://www.cyberbullying.org/resources/students)



We R Native: Bullying Prevention  
[www.wernative.org/my-life/life-hacks/bullying-prevention](http://www.wernative.org/my-life/life-hacks/bullying-prevention)

## Find Help Near You



SAMHSA - Find the treatment center closest to you  
[www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment)



Mental Health America - Find the clinic closest to you  
[www.mhanational.org/find-affiliate](http://www.mhanational.org/find-affiliate)

## Text Message Campaigns



Text: NATIVE to 94449  
For health & wellness tips



Caring Messages - to remind you of how awesome you are!  
Text: CARING to 65664 (ages 13-24)  
Text: COLLEGE to 65664 (college youth)



Text: SEX to 94449  
Get tips and resources to protect your sexual health



Text: 2SLGBTQ to 94449 or ALLY to 94449  
Native. Two-Spirit. LGBTQ. #BornSacred



Text: STEM to 94449  
For inspiration and motivation on your journey in Health, Technology, Engineering or Math



Text: FITNESS to 94449  
For inspiration and motivation to conquer your personal wellness goals and you could win fitness gear or a fitbit!

TIP: SIGN UP FOR ONE CAMPAIGN AT A TIME. OTHERWISE YOUR MESSAGES WILL GET ALL MIXED UP AND THAT'S NOT BUENO

We ALL need Help...

...at different points in time. Every single one of us! Trust your gut and...

**Share** - any concerns you have

**Talk** - with someone you can trust











**Report** - if you're worried about someone



<https://linktr.ee/npaihbt thrive>



@npaihbt thrive

-  Emotional Safety Plan
-  Youth Support Resources
-  The Trevor Project
-  Suicide Prevention Lifeline
-  Crisis Text Line
-  We R Native
-  Surviving a Suicide Loss
-  We Matter Campaign
-  Suicide Awareness Voices of Education
-  MentalHealth.gov



# Talking is Power

## For Adults

### Tips & Resources for

- ★ Talking to Youth About Sexual Health
- ★ Getting the convo started
- ★ Online Printable Resources [here](#)

**TEXT  
"EMPOWER"  
TO 94449**

**TALKING IS POWER**

A Text Messaging Service for Parents and Caring Adults

Talking with youth about sensitive topics is never easy, but it's important. You are your teen's biggest influencer when it comes to making decisions about sex and healthy relationships.

Text **EMPOWER** to 94449

You'll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.

We'll cover sexual health, pregnancy, STDs, and consent. You don't need to have all the answers, you just need to start talking - be open and honest - and keep at it. Talking with your teen will help them make healthy decisions.

#TalkingIsPower #HealthyNativeYouth #weRnative

CURRICULA LESSON PLANS HANDOUTS RESOURCES

www.healthynativeyouth.org

fb.com/HealthyNativeYouth

Listserve: Text "YouthNews" to 22828

https://www.instagram.com/healthynativeyouth/  
@HealthyNativeYouth

native@npaihb.org

**HEALTHY  
NATIVE  
YOUTH**

SIGN UP TO RECEIVE UPDATES  
VIA TEXT MESSAGE

TEXT "HEALTHY" TO 97779

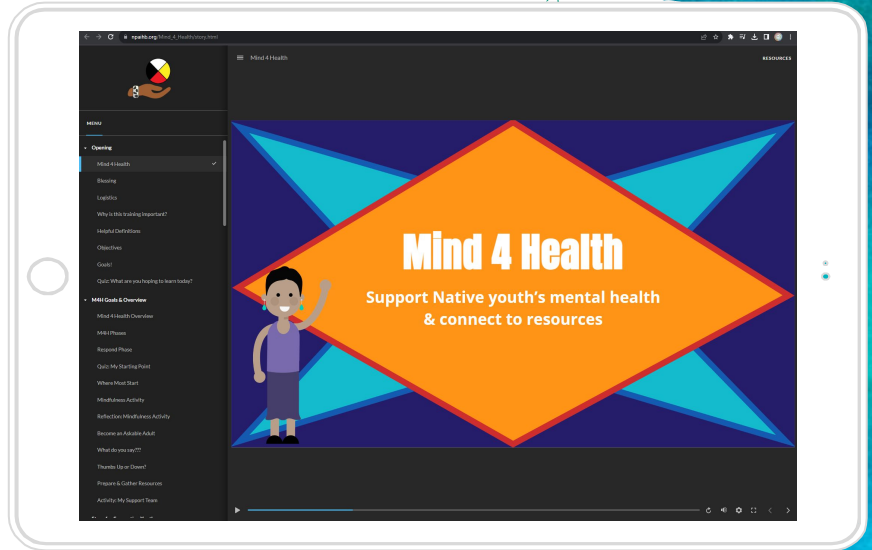
# Mind4Health

## For Adults

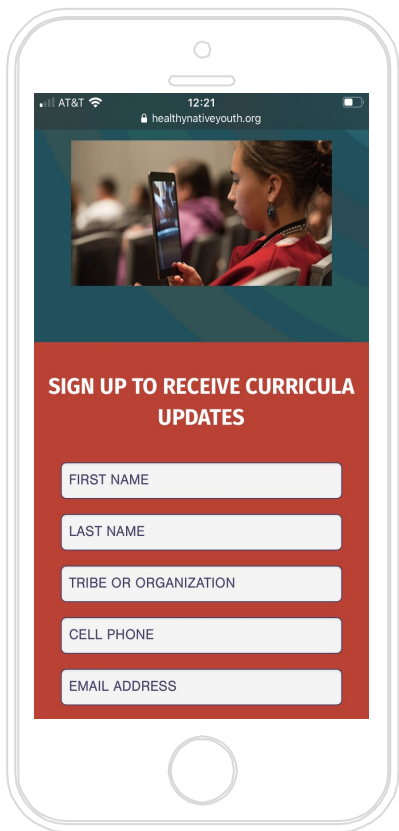
TEXT  
"MIND4HEALTH"  
TO 65064

Two Parts:

- ★ A text message service to nurture conversations with youth to build our mental health together
- ★ Online 90-min training



<https://www.healthynativeyouth.org/curricula/mind4health-training/>



HNY [Linktree](#) QR Code

# Join the *Healthy Native* Youth Movement!



- Sign up for [Newsletter](#)
- Text "HEALTHY" to 94449
- Follow us on Facebook, Instagram, Twitter, YouTube



# Mark Your Calendars!



COMMUNITY OF PRACTICE

**December 13** *Safe Spaces 101*  
Youth's learning environment & Healthy Boundaries (relationships & media) are key to creating safe spaces for youth. Come talk with us about it!

**January 10** *2SLGBTQ 101*  
Come hear how we can build inclusive strong communities that are inclusive within our 2SLGBTQ+ youth health programs.

**February 14** *Sexual Health 101*  
Come hear the FAQ's & how to answer youth's sexual health questions, along with effective strategies for program delivery for persons with intellectual and developmental disabilities.

**March 13** *Swab Squad to the Rescue!*  
Join our (affectionately named) Swab Squad and hear about HIV, Syphilis, and STD at home testing resources for your communities.

**April 10** *Substance Misuse 101*  
Come get the breakdown of Substance Misuse 101 as well as resources and strategies for your community!



COMMUNITY OF PRACTICE

**May 08** *Being a Good Relative 101*  
Come join us as we lean into our Traditional Indigenous Knowledge; the know-how's and practices of being good relatives to each other with the intent of supporting our youth through adolescent health programming.

**June 12** *Celebrating Culture & Community 101*  
Come spend some time with us as we share our celebration strategies and discuss the important role the culture of our communities play in our adolescent health programming.

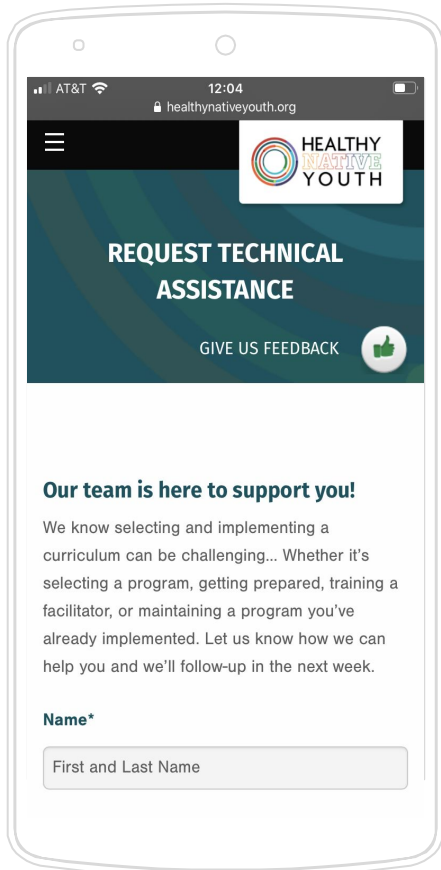
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CONTACT US  
[agaston-contractor@npihb.org](mailto:agaston-contractor@npihb.org)  
[tdean@npihb.org](mailto:tdean@npihb.org)  
<https://www.healthynativeyouth.org/community-of-practice/>



<https://us06web.zoom.us/j/64811202020>  
[/register/tZMuCeCvrz4qGNFJEGGAg99bnPi3-sWfkbdlB](https://register.tZMuCeCvrz4qGNFJEGGAg99bnPi3-sWfkbdlB)






# We LOVE helping...

- ★ Training & TA Evaluation Form
- ★ Request TA

# Ahe'hee! Quyana! Thank you!

From Project Red Talon (2021-2022)


[I Know Mine](#)  
[I Want the Kit](#)  
[Safe in the Village](#)



Alaska Native Tribal Health Consortium



[I Want the Kit](#)  
[Respecting the Circle of Life](#)




Johns Hopkins - Center for Indigenous Health



CENTER FOR  
INDIGENOUS HEALTH

[Native It's Your Game](#)  
[Healthy Native Youth Implementation Toolbox](#)



University of Texas - School of Public Health



The University of Texas  
Health Science Center at Houston




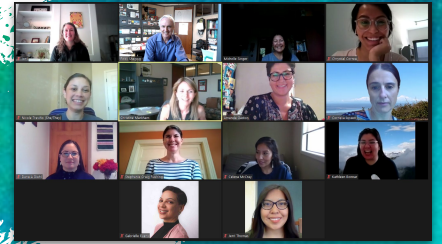

NPAIHB

  
Inter Tribal Council of Arizona, Inc.  
[ITCA Landing Page](#)

  
Southern Plains Tribal Health Board  
[I Want the Kit](#)  
[Native Test](#)



  
Northwest Portland Area Indian Health Board  
[Healthy Native Youth We R Native](#)  
Partners:  
[Paths ReMembered](#)  
[Washington Youth Sexual Health \(WYSH\)](#)



You can find us at: Amanda Gaston, [agaston-contractor@npaihb.org](mailto:agaston-contractor@npaihb.org); Michelle Singer, [msinger@npaihb.org](mailto:msinger@npaihb.org)

# Funding Credit

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# Be the 3rd Bricklayer

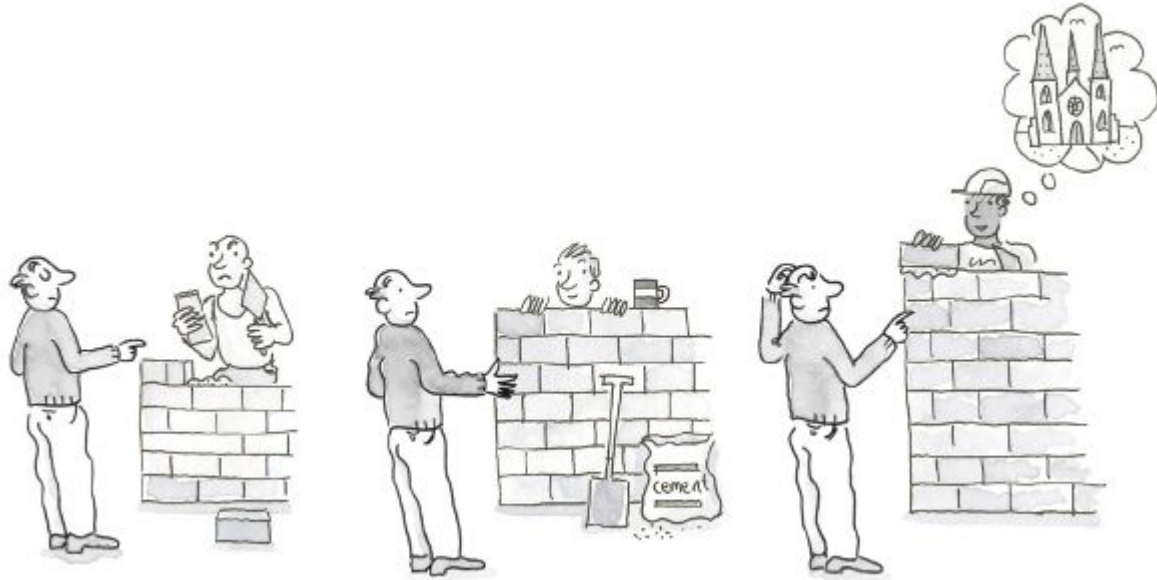


Image: orielly.com





# Let us Close with a Blessing

“Ish dom hoh icheema.”  
(I cherish you.)

Zuni Pueblo

